



Adult Vaccines












What You and Your Family Should Know

Getting Started

This guide is a quick way for you to check which adult vaccines you should get. These recommendations change from year to year, so ask your healthcare professional which vaccines are right for you. This guide is meant for adults ages 19 and older.

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Learn More

You can learn more about vaccines at <http://www.cdc.gov/vaccines>. You can also ask your healthcare professional any questions that you might have. These may include:

- Which vaccines are best for me?
- Why do I need this vaccine?
- I never get sick. Do I still need a vaccine?
- Are there side effects of the vaccine I'm getting today?
- I've heard that you can get sick from vaccines. Is that true?

Seasonal Influenza (Flu) Vaccine

Seasonal Influenza (Flu) Vaccine

- All persons age 6 months or older should get a flu shot every year. This includes pregnant women.
- If you are 65 years of age or older, talk to your doctor about a high-dose flu shot.
- Flu shots are given anytime during the flu season, which is from September to the end of March.
- If you had a reaction to the flu shot in the past, talk about this with your healthcare professional.
- If you have had Guillain Barre Syndrome within the past 6 weeks, wait to get your flu shot until you have recovered.
- If you are sick with a fever, you should wait to get your flu shot until you are no longer sick.
- All healthcare workers with direct patient contact should get the flu shot each year.



“I get my flu shot every autumn. It helps me stay healthy through the holidays!”

Tetanus, Diphtheria, Pertussis Vaccine

Tetanus, Diphtheria, Pertussis (Tdap/Td) Vaccine

Tetanus causes pain and cramping of the muscles and can lead to locking of the jaw, trouble moving or breathing, and might even lead to death. It enters your body through cuts, scratches, or wounds.

Diphtheria is an infection that causes a thick covering in the back of your throat. It can lead to coughing, breathing problems and sometimes even death.

Pertussis is a very contagious virus that causes a lot of coughing, and is also called “whooping cough.” It can lead to pneumonia and other serious health problems and you may have to stay in the hospital. It is a very dangerous infection for babies younger than 6 months old.



Tetanus, Diphtheria, Pertussis Vaccine

There are two vaccines available:

1. Tetanus, diphtheria, and pertussis, also called **Tdap**.
2. Tetanus and diphtheria, also called **Td**.

All teens and adults should get a Tdap shot once no matter how much time it has been since getting a Td shot. You should then get a Td booster (an extra shot) every 10 years.

You should get a Tdap shot if you never had a Tdap shot before and/or are:

- Younger than 65 years of age and have never gotten a single dose of Tdap.
- More than 20 weeks pregnant. Get a Tdap vaccine after 20 weeks of every pregnancy you have.
- Around babies younger than 12 months old.
- A new mother (if you did not get the vaccine during your pregnancy).
- A healthcare worker with direct patient contact.



“I work at a day care, so I got a Tdap vaccine to protect the babies that I take care of.”

Meningococcal Vaccine

Meningococcal Vaccine

Meningitis is an infection of the brain and spinal cord. Meningitis is caused by bacteria or a virus and can cause death.

There are two vaccines available:

1. MenACWY—this protects against 4 different types of meningitis: MenA, MenC, MenW, MenY. You might need to get additional shot(s), also called a booster, every 5 years if you are still at risk for meningitis.
2. MenB—this protects against the type of meningitis known as MenB. You only need to get these shot(s) once.

If you are between 16 and 23 years old, talk to your healthcare professional about getting the meningococcal vaccines.



“I live in a dorm at college, so I got a vaccine to protect me against meningitis.”

Meningococcal Vaccine

Otherwise, you need one dose of the meningococcal vaccine if you answer YES to any of the following questions:

- Are you a college student living in a dorm room?
- Are you going into the military?
- Do you get many bacterial infections?
- Do you have sickle cell disease or a similar blood disorder?
- Do you work in a lab and have exposure to MenACWY?
- Have you been recently exposed to anyone sick with MenB?
- Do you have an immune system disorder?
- Do you take a medicine called eculizumab (Soliris)?
- Will you be traveling to the Hajj or Africa?

You will need a second dose (and maybe a third dose, if it is a certain type of MenB vaccine) of the meningococcal vaccine if you answer YES to any of the following questions:

- Are you missing your spleen?
- Are you HIV positive?

Pneumococcal Vaccine

Pneumococcal Vaccine

The pneumococcal vaccine does not prevent pneumonia. However, it does prevent serious problems caused by pneumonia which can include death. This is not a yearly vaccine.

There are two vaccines available:

1. PCV13

Adults should get 1 dose of this vaccine before getting doses of PPSV23. It is recommended for:

- All adults age 65 years or older
- Adults age 19 years or older with certain medical conditions (see next page)

2 PPSV23

Adults should get 1, 2, or 3 doses of this vaccine with 5 years between each dose, depending on their age, health condition, and timing of the first dose.

It is recommended for:

- All adults age 65 years or older
- Adults age 19 years or older with certain health conditions (see the next page)
- Adults age 19 years or older who smoke cigarettes



Pneumococcal Vaccine

You need the pneumococcal vaccine if you answer YES to any of the following questions:

Do you have:

- Diabetes?
- Kidney disease?
- Heart problems?
- Breathing problems?
- Liver disease?
- Alcoholism?
- A weak immune system?
- An HIV infection?
- Ear implants, such as cochlear implants?
- A cerebrospinal fluid leak?

Are you:

- A smoker?
- Missing your spleen?
- Older than 65 years of age?

You will need a second pneumococcal vaccine if you:

- Are older than 65 years of age.
- Have ear implants.
- Have a cerebrospinal fluid leak.

You will need 3 doses of the pneumococcal vaccine if you:

- Have a weak immune system.
- Have an HIV infection.
- Have kidney disease.
- Are missing a spleen.

Measles, Mumps, Rubella Vaccine

Measles, Mumps, Rubella (MMR) Vaccine

Measles, mumps, and rubella are viruses that are very contagious and may cause serious illness or death.

Measles can cause a rash, cough, runny nose, eye/ear infection, fever, pneumonia, seizures, brain damage, and death.

Mumps can cause fever, headache, muscle pain, loss of appetite, swollen glands, deafness, meningitis, and painful swelling of the testicles or ovaries.

Rubella can cause a rash, arthritis, and mild fever. Pregnant women who get the virus are at risk for birth defects and miscarriage.



Measles, Mumps, Rubella Vaccine

Adults born before 1957 are immune to measles and mumps. This means they can't catch it.

Adults born in 1957 or later should get the MMR vaccine if:

- There is no proof of ever having the MMR vaccine.
- There is no blood work showing immunity to MMR.

You should be vaccinated with 2 doses of the MMR vaccine if:

- You have HIV and your CD4 cell count is greater than or equal to 200.
- You are a college student.
- You will be traveling to another country.
- You live with a person with a weakened immune system.
- You are a healthcare worker.

You may need an extra dose of MMR if you have recently been in close contact with people sick with mumps. The MMR vaccine is not yearly.

People with very weak immune systems and pregnant women should not get the MMR vaccine. Women should not get pregnant for at least 4 weeks after getting the MMR vaccine.

Varicella Vaccine

Varicella (Chickenpox) Vaccine

Chickenpox is caused by a virus. The virus can affect a child or an adult. It may cause hundreds of itchy, fluid-filled blisters that burst and form crusts. It can cause more serious problems if you get it as a teen or an adult. The varicella vaccine prevents chickenpox. The vaccine is given in 2 doses, meaning you will get 2 shots once in your lifetime.

You should get the varicella vaccine if you never had chickenpox and you are:

- Older than 30 years of age
- A healthcare worker

If you have HIV, speak with your doctor about whether the varicella vaccine is right for you.

Pregnant women and people with very weak immune systems should not get the vaccine.



“I never had chickenpox as a kid, and since I’m a healthcare worker, I got the vaccine to protect myself and my patients.”

Zoster Vaccine

Zoster (Shingles)

Shingles is a painful skin rash. It can cause long lasting pain, vision, and other serious health problems. Anyone who has had chickenpox can get shingles. This virus stays in your body for your whole life and can become active again if you have a weak immune system. The zoster vaccine is given to prevent serious problems that may last for years after a shingles attack.

The zoster vaccine is given in 2 doses, once in your lifetime. There are 2 types of zoster vaccine:

1. RZV
2. ZVL

If you received the ZVL vaccine in the past, you will still need 2 doses of the newer RZV vaccine. Studies have shown that RZV is better at preventing shingles. People age 50 or older should get the vaccine, even if they already had shingles.



Hepatitis A Vaccine

Hepatitis A Vaccine

Hepatitis A may have no symptoms or it may cause a mild illness, rapid liver failure, or death. The Hepatitis A vaccine is intended to prevent the more serious form of the virus. The Hepatitis A vaccine is two given in two shots, 6 months apart, once in your lifetime.

You need the Hepatitis A vaccine if you answer YES to any of the following questions:

- Do you have chronic liver disease?
- Do you have a blood clotting disorder?
- Do you use illegal injection drugs?
- Are you traveling to Mexico, Central America, or South America, or do you have close contact with a child recently adopted from one of these areas?
- Do you work with Hepatitis A virus–infected primates?



Hepatitis B Vaccine

Hepatitis B Vaccine

Hepatitis B infection can lead to liver disease, liver failure, and liver cancer. Hepatitis B is transmitted sexually and through contact with blood and other body fluids. The Hepatitis B vaccine is given in 3 shots, once in your lifetime.

You need the Hepatitis B vaccine if you answer YES to any of the following questions:

- Are you between 18 and 60 years of age and have diabetes?
- Do you have chronic liver disease or end-stage kidney disease?
- Do you have an HIV or Hepatitis C infection?
- Are you on dialysis?
- Have you been told you have a fatty liver?
- Are you a healthcare worker or public safety worker in contact with blood or body fluids?
- Do you have casual sex with more than one person?
- Are you being treated for a sexually transmitted infection (STI)?
- Are you a man who has sex with men?
- Do you use illegal injection drugs?
- Are you traveling to Africa, Southeast Asia, or the Middle East?

If you are over 60 years old and have diabetes, talk to your healthcare professional about whether you need the Hepatitis B vaccine.

Human Papillomavirus Vaccine

Human Papillomavirus (HPV) Vaccine

HPV is a common virus spread through sexual contact. Most of the time people do not know they have HPV because there are no symptoms.

The HPV vaccine works by preventing the most common types of HPV that cause cervical cancer and genital warts. The HPV vaccine is given in 3 shots.

All girls and women through age 26 should get the HPV vaccine series.

It is recommended that boys 11 to 12 years old get the HPV vaccine. A catch-up vaccine should be given between the ages of 13 and 21.

It is recommended that men who have anal sex, men who have a weakened immune system, and men who have HIV get the vaccine through age 26.



More Information

How Do I Know If I Need a Vaccine?

Vaccines are recommended for all adults older than age 19. They are important to get because they prevent disease and help keep you healthy. Adult vaccines are given based on your age, health, work, lifestyle, and risk factors. Ask your trusted healthcare professional about which vaccines are recommended for you.

The Centers for Disease Control and Prevention (CDC) recommends adults receive the following vaccinations:

- Seasonal Flu
- Tdap/Td (Tetanus, Diphtheria, Whooping Cough)
- Meningococcal (Meningitis)
- Pneumococcal (Pneumonia)
- Varicella (Chickenpox)
- Zoster (Shingles)
- Hepatitis A
- Hepatitis B
- HPV
- Measles, Mumps, Rubella (MMR)

Visit Page 21 for a chart of recommended vaccines based on your age. Vaccine recommendations can change from year to year. Check with your healthcare professional if you have questions.

More Information

2018 Recommended Adult Vaccines By Age

Choose the column that best describes your age to see which vaccines are recommended for you. A **green check mark** ✓ means that you should get the vaccine unless your healthcare professional says that you do not need it. A **yellow check mark** ✓ means that the vaccine *may* be recommended for you if you have certain risk factors. Speak with your healthcare professional to confirm which vaccine you should get and to learn more about dosages and how many doses (shots) you may need.

✓ = This vaccine is recommended for you

✓ = You may need this vaccine

More Information

	19-21 years	22-26 years	27-49 years	50-64 years	65+ years	NOTES
Chickenpox (Varicella)	✓	✓	✓	✓	✓	You should get this vaccine if you did not get it when you were a child.
Flu (Influenza)	✓	✓	✓	✓	✓	You should get the flu vaccine every year.
Hepatitis A	✓	✓	✓	✓	✓	You should get this vaccine if you did not get it when you were a child.
Hepatitis B	✓	✓	✓	✓	✓	You should get this vaccine if you did not get it when you were a child.
Hib (Haemophilus influenzae type B)	✓	✓	✓	✓	✓	
HPV (Human papillomavirus) • For women • For men	✓ ✓	✓ ✓				You should get HPV vaccine if you are a woman through age 26 years or a man through age 21 years and did not already complete the series.
Meningococcal • MenACWY or MPSV4 • MenB	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	
MMR (Measles, Mumps, Rubella)	✓	✓	✓	✓		You should get this vaccine if you did not get it when you were a child, and if you are 60 years old or younger
Pneumococcal • PCV13 • PPSV23	✓ ✓	✓ ✓	✓ ✓	✓ ✓	✓ ✓	You should get 1 dose of PCV13 and at least 1 dose of PPSV23 depending on your age and health condition.
Shingles (Zoster) • HZ/su • ZVL				✓ ✓*	✓ ✓	You should get shingles vaccine even if you have had shingles before. *Age 60 and over
Tdap (Tetanus, Diphtheria, Pertussis)	✓	✓	✓	✓	✓	You should get a Td booster every 10 years. You also need 1 dose of Tdap. Women should get a Tdap vaccine during every pregnancy to help protect the baby.

Source: Centers for Disease Control and Prevention

Important phone numbers:

Doctor/Clinic: _____

Pharmacist: _____

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Notes:

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More Information

After reading this Adult Vaccines booklet, please ask your trusted healthcare professional about the following vaccines for you and your family:

(Check which vaccines your health professional recommends for you)

- Seasonal Flu
- Td or Tdap
- Meningococcal
- Pneumococcal
- Varicella (Chickenpox)
- Zoster
- Hepatitis A
- Hepatitis B
- Human Papillomavirus (HPV)
- Measles, Mumps, Rubella (MMR)

Recommended vaccines can change from year to year. Ask your healthcare professional which ones are right for you.



For more information, go to www.acponline.org/patients

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