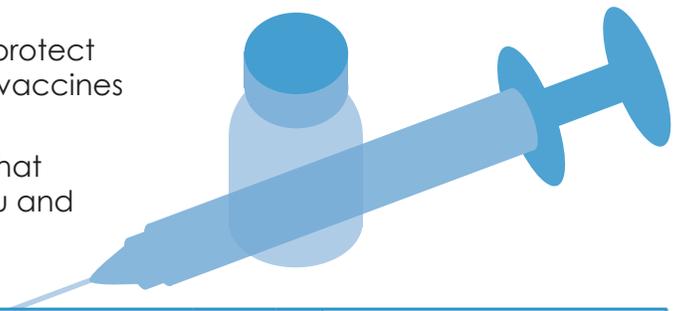


# ADULT VACCINATIONS

**Vaccines aren't just for kids!** Adults need vaccines to protect against many serious diseases. This chart shows which vaccines are recommended for adults.

**Take this guide to your healthcare provider** and ask what vaccines you need. Remember, vaccines protect you and also keep you from spreading illness to others.



VACCINES FOR ADULTS	19–49 years old	50–64 years old	65 years old & older
● <b>Chickenpox (Varicella)</b>	You need 2 doses of this vaccine if you've never had chickenpox.		
● <b>Hepatitis A (Hep A)</b>	To be protected against Hep A you need 2 doses of this vaccine, at least 6 months apart. It is especially recommended for travelers outside the U.S.		
● <b>Hepatitis B (Hep B)</b>	To be protected against Hep B, you need 3 doses of this vaccine, spread over a 6 month period.		
● <b>Human Papilloma Virus (HPV)</b>	This vaccine is currently available to people under age 27. It requires 3 doses.	Not recommended for this age group.	
● <b>Influenza (Flu)</b>	You need a dose every fall or winter.		
● <b>Measles, Mumps, Rubella (MMR)</b>	You need 2 doses of this vaccine if you were born after 1956.	Not recommended if you were born before 1956.	
● <b>Meningitis (Meningococcal)</b>	If you are a young adult going to college and plan to live in a dormitory, you need this vaccine. People with certain medical conditions need this vaccine regardless of age. Some forms of meningitis are not vaccine preventable.		
● <b>Pneumonia (Pneumococcal)</b>	You need 1-2 doses if you smoke cigarettes or have certain medical conditions. Some forms of pneumonia are not vaccine preventable.		You need 1 dose at age 65 (or older) if you've never been vaccinated.
● <b>Shingles (Zoster)</b>	Not recommended for this age group.		You need this vaccine if you are age 60 or older.
● <b>Tetanus, Diphtheria, &amp; Whooping Cough, aka Pertussis (Tdap)</b>	All adults needs this vaccine. It only became available in 2005, so if you have not had it since then, you should get it. If you are around pregnant women, infants or young children, be sure you get this vaccination.		