

# Adult Immunizations

Stay Protected



## What Does Immunization Mean?

Immunizations (vaccines) protect your body against diseases that can make you very sick or even cause death.

## How Do Vaccines Work?

Vaccines teach your body to fight against diseases. They can stop you from getting sick or make sickness less serious. They also help stop the spread of germs, keeping others healthy.

## Why Do Adults Need Vaccines?

Vaccines you got as a child can wear off and some weren't available when you were a kid. You might need new vaccines for new diseases.



## When Should I Get Vaccinated?

The chart below is a vaccination schedule for healthy adults based on age.

Ages:	19-26	27-49	50-65	65+
Influenza*	1 dose every year			
COVID-19*	1 dose of updated vaccine			
Td/Tdap*	1 dose every 10 years			
HPV	2-3 doses			
Hep B	2-4 doses			
Shingles	2 doses			
Pneumococcal	1 dose			
RSV*	1 dose			

\* Getting vaccinated during pregnancy is crucial for protecting your baby in their first year of life.

## Vaccines Protect You From:

- **Influenza (Flu):** A virus that affects the nose, throat and lungs. It spreads easily, causing severe illness, even death to those at high risk.
- **Tdap/Td:** Tetanus (painful muscle stiffness), diphtheria (breathing problems) and, with Tdap, whooping cough (severe coughing fits), which is dangerous to babies.
- **Shingles (Zoster):** A painful rash that can cause long-lasting nerve pain.
- **Pneumococcal:** Causes pneumonia, meningitis and infections in the blood, especially in older adults and people with health problems.
- **Hepatitis B (Hep B):** A liver infection spread through blood or body fluids that can lead to liver disease or cancer.
- **Human papillomavirus (HPV):** A virus that causes warts and some types of cancer, spread by skin contact.
- **COVID-19:** A virus that causes fever, cough and trouble breathing, leading to more severe, long-lasting illness or death.
- **Respiratory syncytial virus (RSV):** A virus with cold-like symptoms that can be dangerous to babies, young children and older adults.

## Other Vaccines You Might Need

Talk to your doctor about staying up to date with your vaccines. To see the full list of recommended vaccines, visit [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

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