

Adult Vaccination Recommendations

Vaccination doesn't stop at childhood. It's important for adults to be vaccinated, too. By vaccinating yourself against preventable diseases, you are less likely to contract serious illnesses and pass them on to your family. At your next visit, ask your health care professional if you're up to date on all recommended vaccinations.

Vaccine schedules are designed with you in mind. Use this as a guide to find out which vaccines are recommended for adults by the [US Centers for Disease Control and Prevention \(CDC\)](http://www.cdc.gov) and why. For the complete CDC-recommended US adult immunization schedule, go to www.cdc.gov/vaccines/schedules/easy-to-read/adult.html.

ALL ADULTS

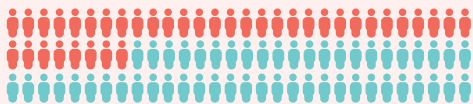
All adults should make sure they are up to date on influenza (flu), Tdap (tetanus, diphtheria, and acellular pertussis), and varicella (chickenpox) vaccinations.

INFLUENZA (FLU)

The best way to help prevent the flu is to get vaccinated.



It is recommended all adults get vaccinated annually against flu (with rare exceptions);²



however, only **42% actually** are.³

Protect yourself and your family. All eligible members of your family **six months of age and older** should be immunized annually with the **influenza vaccine**.²

TDAP (TETANUS, DIPHTHERIA, AND ACELLULAR PERTUSSIS)



America is experiencing a resurgence of pertussis (whooping cough), with more cases reported in the **last 10 years** than in the **prior 40 years combined**.⁴

● Adults are recommended to receive a single dose of the Tdap vaccine, then a Td booster vaccine every 10 years; only **14.2% of adults** report having received a Tdap vaccine.^{5,6}

Family members were responsible for spreading the disease to the baby in up to **80% of cases** where it could be determined how an infant caught pertussis.⁷



VARICELLA (CHICKENPOX)

As many as **9 in 10** susceptible household members can become infected by a person with chickenpox.⁸



While only **5%** of reported cases occur in adults, they account for **35%** of the deaths from the disease.⁸

Complications from chickenpox are **more common in infants, adults,** and people with weakened immune systems.⁹



AGE-SPECIFIC

In addition to flu, Tdap, and varicella vaccines, these other vaccines are recommended for adults of certain ages.⁵

NEW TO ADULthood?

HPV (HUMAN PAPILLOMAVIRUS):

19-26
3 doses
women, if not previously vaccinated

19-21
3 doses
men, if not previously vaccinated

MMR (MEASLES, MUMPS, AND RUBELLA):

Born in 1957 or later | **1 or 2 doses**

HEADING TO RETIREMENT?

ZOSTER (SHINGLES):^a 60+ | 1 dose

^aAnyone who had chickenpox may develop shingles and should seek vaccination.¹⁰

PNEUMOCOCCAL:^b 65+ | 2 doses

^bRoutine vaccination with pneumococcal 13-valent conjugate vaccine (PCV13) and pneumococcal polysaccharide vaccine (PPSV23) is recommended for adults 65+⁵

**PREGNANT OR PLANNING TO BECOME PREGNANT?
TALK TO YOUR HEALTH CARE PROFESSIONAL ABOUT WHAT VACCINES YOU MAY NEED.**

VACCINE RECOMMENDATIONS FOR HIGH-RISK ADULTS

The CDC recommends additional vaccines for adults based on certain risk factors related to age, health status, and lifestyle.⁵ Talk with your doctor to learn more.

ARE YOU AT HIGH RISK?

- Do you have asthma, heart disease, lung disease, diabetes, or other chronic disease?
- Do you work in the health care profession?
- Are you sexually active with a number of partners?
- Are you living in a dormitory or close quarters with a large number of people?
- Do you plan to travel to the developing world?
- Do you have any immunocompromising conditions or chronic liver disease?

ADDITIONAL VACCINES FOR HIGH-RISK ADULTS

<p>PNEUMOCOCCAL (PNEUMONIA): Recommended for:</p>  <p>Medical and lifestyle reasons</p>	<p>MENINGOCOCCAL (MENINGITIS): Recommended for:</p>  <p>Medical, lifestyle, and occupational reasons</p>	<p>HEPATITIS A: Recommended for:</p>  <p>Medical, lifestyle, and occupational reasons</p>	<p>HEPATITIS B: Recommended for:</p>  <p>Medical, lifestyle, and occupational reasons</p>	<p>HAEMOPHILUS INFLUENZAE TYPE B (HIB): Recommended for:</p>  <p>Medical reasons</p>
--	---	--	--	---

Please visit Vaccines.com or speak with your health care professional to learn how you can help protect yourself and your family.

References: 1. Centers for Disease Control and Prevention (CDC). Prevention and control of seasonal influenza with vaccines: recommendations of the Advisory Committee on Immunization Practices—United States, 2013–2014. *MMWR*. 2013;59(RR-8):1-62. 2. CDC. Seasonal influenza (flu). Who should get vaccinated against influenza. <http://www.cdc.gov/flu/protect/whoshouldvax.htm>. Accessed May 19, 2015. 3. CDC. Influenza (Flu). Flu Vaccination Coverage, United States, 2013-14 Influenza Season. <http://www.cdc.gov/flu/fluview/coverage-1314estimates.htm>. Accessed May 19, 2015. 4. CDC. Pertussis cases by year (1922-2013). <http://www.cdc.gov/pertussis/surv-reporting/cases-by-year.html>. Accessed May 19, 2015. 5. CDC. Recommended adult immunization schedules, by vaccine and age group. <http://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html>. Accessed May 19, 2015. 6. CDC. Noninfluenza vaccination coverage among adults—United States, 2012. *MMWR*. 2013;62(04):66-72. 7. Bisgard KM, Pascual FB, Ehresmann KR et al. Infant pertussis: who was the source? *Pediatr Infect Dis J*. 2004;23(11):985-9. 8. CDC. Varicella. <http://www.cdc.gov/vaccines/pubs/pinkbook/downloads/varicella.pdf>. Accessed May 19, 2015. 9. Immunization Action Coalition. Chickenpox (varicella): Questions and answers. *Information about the disease and vaccines*. <http://www.immunize.org/catg.d/p4202.pdf>. Accessed May 19, 2015. 10. CDC. Shingles (herpes zoster). <http://www.cdc.gov/shingles/about/overview.html>. Accessed May 19, 2015.



The March of Dimes does not support specific products or brands.

