

Since childhood vaccines can wear off, adults need to keep their vaccinations up to date to stay safe and prevent disease. Vaccines may also be recommended based on your age, current health conditions, and lifestyle.

Consider these 12 vaccines to protect you and your loved ones:

Hepatitis A	Consider getting if you have risk factors or desire for protection from this disease. Requires 2-3 doses just one time.
Hepatitis B	Consider getting if you have risk factors or desire for protection from this disease. Requires 2-3 doses just one time.
Hib (<i>Haemophilus Influenzae Type B</i>)	Consider getting if you have a non-functioning spleen or history of stem cell transplant.
Human Papillomavirus (HPV)	Recommended for all individuals up to age 26. Discuss with healthcare provider if 27 years and older. Requires 2-3 doses depending on age of first dose or condition.
Influenza	Recommended annually. One dose every fall or winter.
Measles, Mumps, Rubella (MMR)	Consider at least 1 dose of MMR vaccine if born in 1957 or later. Consider in special situations such as pregnancy, and if you are a health care worker or international traveler.
Meningococcal A,C,W,Y (MenACWY)	Consider in special situations such as travel, a non-functioning spleen or HIV infection, or first-year college student living in residential housing (if not previously vaccinated at age 16). Requires 1 or 2 doses depending on indication, may need booster.
Meningococcal B (MenB)	Consider in special situations such as having a non-functioning spleen. Requires 2-3 doses depending on vaccine and indication; may need booster. Discuss with healthcare provider if you are 23 years old or younger.
Pneumococcal (Pneumovax 23, PPSV23; Prevnar 13, PCV13)	Recommended for those individuals 19-64 years old with chronic medical conditions such as asthma, heart, lung, and liver disease, diabetes or cigarette smoking. Also recommended for those individuals age 65 years or older with 1 dose PCV13. Consider PPSV23 after discussion with healthcare provider.
Tetanus, Diphtheria, Whooping Cough (Pertussis) (Tdap, Td)	Recommended to have Tdap at or after age 11 years then Td or Tdap booster every 10 years. Pregnant women also need one dose Tdap with each pregnancy. Discuss with healthcare provider if needed at time of recent wound.
Varicella (Chickenpox)	Consider if you've never had chickenpox or were only vaccinated with one dose in the past. Requires 2 doses, 4-8 weeks apart. Discuss with healthcare provider if pregnant or a health care worker with no evidence of immunity to chickenpox.
Zoster (Shingles)	Recommended if you are age 50 or older. Requires 2 doses of Shingrix, even if you already were vaccinated with Zostavax. Discuss with healthcare provider if pregnant or immunocompromised.

For additional guidance on vaccinations, try the adult vaccine assessment tool at <https://www2.cdc.gov/nip/adultimmsched/>.

#ibpwellnesstips
Healthier Together

Please note that this tip sheet is educational and not intended for diagnosis and/or treatment. Discuss any symptoms you have with a physician.

Resources:
www.cdc.gov