

Vaccination Guide for Adults



While there has been extensive coverage regarding the importance and safety of childhood vaccinations, adults are often unaware of the recommended adult immunizations. Vaccines for adults remain among the most readily available and effective tools for disease

prevention and lifelong health and are often overlooked.

Adult immunizations go beyond the well-known flu shot, and can protect against many infections including pertussis, hepatitis A & B, pneumococcal disease, shingles, measles, mumps, rubella, tetanus, diphtheria, meningococcal disease, and chickenpox.

For more information, visit www.opso/vaccines

Find your age and see which vaccinations are important for you to have at this stage of life.



| VACCINE | 19-21 | 22-26 | 27-49 | 50-59 | 60-64 | 65+ | DO YOU NEED IT AND WHY? |
|--|-------|-------|-------|-------|-------|-----|--|
| Hepatitis A (HepA) | ● | ● | ● | ● | ● | ● | You need this if you have a specific risk factor for hepatitis A virus, or simply want to be protected from the disease. |
| Hepatitis B (HepB) | ● | ● | ● | ● | ● | ● | You need this if you have a specific risk factor for hepatitis B virus, or simply want to be protected from the disease. |
| Human Papillomavirus (HPV) | ● | ● | ○ | ○ | ○ | ○ | You need this vaccine if you are a woman age 26 years or younger or a man age 21 years or younger. Men age 22-26 with at risk condition also need vaccination. Any man age 22-26 who wants to be protected from HPV may receive it too. |
| Influenza (HepA) | ● | ● | ● | ● | ● | ● | You need at least one dose every fall (or winter) for your protection and for the protection of others around you. |
| Measles, Mumps, Rubella (MMR) | ● | ● | ● | ● | ○ | ○ | You need at least one dose of MMR if you were born in 1957 or later. You may also need a second dose |
| Meningococcal (MenACWY [MCV4], MenB, MPSV4) | ● | ● | ● | ● | ● | ● | You may need MenACWY and/or MenB vaccine if you have one of several health conditions (for example, if you don't have a functioning spleen). You need MenACWY if you are age 21 or younger and a first-year college student living in a residence hall. You may also need it if you either have never been vaccinated or were vaccinated before age 16. You should consider MenB if you are age 23 or younger (even if you don't have a high-risk medical condition) |
| Pneumococcal (Pneumovax [polysaccharide vaccine, PPSV]; Prevnar [conjugate vaccine] PCV) | ● | ● | ● | ● | ● | ● | If you are age 65 or older, you need both pneumococcal vaccines, Prevnar (if you haven't had it before) and Pneumovax. Get Prevnar first and then get Pneumovax one year later. If you are younger than age 65 and have certain high-risk conditions, you need one or both vaccines. |
| Tetanus, diphtheria, Pertussis (whooping cough) (Tdap,Td) | ● | ● | ● | ● | ● | ● | All adults who have not received a dose of Tdap, as an adolescent or an adult, need to get a Tdap vaccine or "the Tdap" (the adult whooping cough vaccine). And, all women need to get a dose during each pregnancy. After that, you need a Td booster dose every 10 years. |
| Varicella (Chickenpox) | ● | ● | ● | ● | ● | ● | If you never had chickenpox or were vaccinated but received only one dose, talk to your healthcare provider to find out if you need this vaccine. |
| Zoster (shingles) | ○ | ○ | ○ | ○ | ● | ● | If you are age 60 years or older, you should get a one-time dose of this. |
| Hib (Haemophilus influenzae type b) | ● | ● | ● | ● | ● | ● | Some adults with certain high-risk conditions (for example, lack of a functioning spleen) need vaccination with Hib. Talk to your healthcare provider to find out if you need this vaccine. |