Vaccines for Adults

Vaccines help keep you from getting sick. They also protect the people around you.

Here are the vaccines for adults. Some vaccines are advised for all adults. Other vaccines are advised for only some adults. Ask your doctor which vaccines are right for you.

**Chickenpox vaccine**
Get two doses if you’ve never had chickenpox or the vaccine.

**Flu vaccine**
Get one dose each fall.

**Hepatitis A and Hepatitis B vaccines**
Get these vaccines if you are:
- A man who has sex with men, or
- Planning a trip to certain areas

Also get these vaccines if you have:
- Immune system problems
- Long-term liver disease, or
- More than one sex partner

**Human papilloma virus (HPV) vaccine**
Get three doses if you are:
- A female who is 11 to 26 years old, or
- A male who is 11 to 21 years old

**Measles, mumps, and rubella (MMR) vaccine**
Get one dose if you are 18 to 54 years old, and:
- You haven’t had the vaccine, or
- It didn’t work the first time

You may need a second dose if you got the vaccine before 1979.

**Shingles vaccine**
Get one dose if you are 60 or older. You may need it sooner.

**Meningitis vaccine**
Get one dose if you:
- Are planning a trip to certain areas
- Have certain health problems that weaken your immune system, or
- Live in a school dorm

Get two doses if you:
- Don’t have a spleen, or
- Have HIV

**Pneumonia vaccine**
There are two pneumonia vaccines: PPSV 23 and PCV 13.

You may need one or both of these vaccines if you have specific health problems. Be sure to ask your doctor.
- If you have chronic health conditions, you will need two doses of PPSV 23 separated by at least 5 years. Check with your doctor to be sure which vaccines you need and when. You may need one or both before age 65.
- If you’re healthy and don’t smoke, get one dose each of PPSV 23 and PCV 13 at age 65. If you were vaccinated before age 65 and at least 5 years have passed, get a second dose of PPSV 23.

**Tetanus, diphtheria, and pertussis (whooping cough) vaccine**
Get one dose of the tetanus and diphtheria (Td) booster once every 10 years.

Get one dose that includes pertussis (Tdap) as an adult.

Pregnant women should get one dose of Tdap after their 20th week of each pregnancy.

To learn more about vaccines for adults, please see Adult Vaccines: Protect Yourself and Your Family. (http://bit.ly/1Wek6AU) It’s published by the American College of Physicians.

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