

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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