



WHAT SHOTS DO YOU NEED?

Recommended Adult

Vaccination Schedule from the CDC

Did you know you need vaccines throughout your life? Immunity from childhood can wear off over time, putting you at risk for some serious diseases. Vaccination is one of the great preventive care measures available to help keep you healthy.

Young Adults need:

⇒ HPV (human papilloma virus) vaccine—2 to 3 doses

All adults need:

⇒ Influenza (flu) vaccine every year

- This is especially important for people with chronic health conditions, pregnant women & older adults

⇒ Tdap (tetanus, also called lockjaw / diphtheria / pertussis, also called whooping cough)

- Every adult needs the Tdap, followed by a Td (tetanus & diphtheria) booster shot every 10 years
- Women should get the Tdap vaccine each time they are pregnant, preferably between 27 to 36 weeks

As we get older, our immune systems tend to weaken over time, putting us at higher risk for certain diseases. Older adults need these additional vaccinations:

Adults 50 & over need:

⇒ Shingles vaccine

Adults 65 & over need:

⇒ Pneumococcal vaccines (there are 2 different ones)

You may need other vaccines based your age, health conditions, job, lifestyle or travel habits. See your primary care provider for more information about which vaccines are right for you.

For more complete vaccine & immunization information for all age groups visit the Centers for Disease Control website:

<https://www.cdc.gov/vaccines/index.html>

