

Vaccinations for Adults

Shots are not just for kids. Adults need to be vaccinated because some diseases, such as measles, are more life threatening to adults than children and some diseases, such as hepatitis, cannot be cured once they are contracted. Vaccines are the safest and most effective way to avoid disease.

Vaccine↓	Age→	19-49 years	50-64 years	65 years & older
Influenza		You need a dose yearly if you have a chronic health problem (such as asthma or diabetes),* are a healthcare worker, have close contact with certain individuals (such as children or others with a chronic disease),* or you simply want to avoid getting the flu and spreading it to others.	You need a dose every fall or winter.	
Pneumococcal (pneumonia)		You need 1-2 doses if you have certain chronic medical conditions, such as diabetes, suppressed immune system, heart disease, HIV and others.*		You need 1 dose at age 65 (or older) if you've never been vaccinated. You may also need a 2 nd dose.*
Tetanus, diphtheria, pertussis (Td, Tdap)		If you haven't had at least 3 tetanus-and-diphtheria-containing shots sometime in your life, you need to get them now. Start with dose #1, followed by dose #2 in 1 month, and dose #3 in 6 months. All adults need Td booster doses every 10 years. If you're younger than age 65 years and haven't had pertussis-containing vaccine as an adult, one of the doses that you receive should have pertussis (whooping cough) vaccine in it—known as Tdap. Be sure to consult your healthcare provider if you have a deep or dirty wound.		
Hepatitis B		You need this vaccine if you have a specific risk factor for hepatitis B virus infection, (such as having unprotected sex with multiple partners, if you have a job that exposes you to blood, and others), or you simply wish to be protected from this disease. The vaccine is given as a 3-dose series (dose #1 now, followed by dose #2 in 1 month, and dose #3 given 5 months later).		
Hepatitis A		You need this vaccine if you have a specific risk factor for hepatitis A virus infection, (such as traveling to regions with high rates of Hep A, are a sexually active gay or bisexual man, and others), or you simply wish to be protected from this disease. The vaccine is usually given as 2 doses, 6-18 months apart.		
Human papillomavirus (HPV)		You need this vaccine if you are a woman who is age 26 years or younger. The vaccine is given in 3 doses over 6 months.		
Measles, mumps, rubella (MMR)		You need at least 1 dose of MMR if you were born in 1957 or later. You may also need a 2 nd dose.*		
Varicella (chickenpox)		If you've never had chickenpox or you were vaccinated but only received 1 dose, talk to your healthcare provider about whether you need this vaccine.		
Meningococcal (meningitis)		If you are a young adult going to college and plan to live in a dormitory, you need to get vaccinated against meningococcal disease. People with certain medical conditions should also receive this vaccine.*		
Zoster (shingles)				If you are age 60 years or older, you should get this vaccine now.

*Consult your healthcare provider or the Polk County Health Department to determine your level of risk for infection and your need for this vaccine.