



Vaccines for Adults

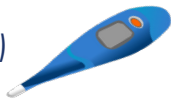
Even if you received vaccines as a child, you probably need more as an adult. Always be sure to ask your pharmacist which ones are right for you.

The Centers for Medicare & Medicaid Services recommend vaccines for almost all adults and if you care for children, work in healthcare or live with people who have a high-risk health condition, it's very important that you stay up-to-date with your vaccinations.

If you have certain health conditions such as diabetes, asthma, sickle cell disease or lung/heart/liver/kidney problems, it's even more important for you to get vaccinated.

What vaccines do you need?

Flu (influenza)



All ages

- ▶ You should get this every fall between August and October
- ▶ The high dose version is recommended for people 65 years or older

Tetanus, diphtheria and whooping cough



All ages

- ▶ All adults need a tetanus shot every 10 years (usually given as the Td shot) and at least on Tdap shot
- ▶ You also need the vaccine if you have a wound and it's been five years since you had a tetanus vaccine
- ▶ Pregnant woman also need one shot during every pregnancy

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Pneumonia (pneumococcal)



- There are now two different vaccines, you need both
- One dose is given first to adults 65 years or older who have not previously received the vaccine
- At least one year later, a second dose will be given
- If you received your first dose but never received your second, you will get the same vaccine again before receiving dose two.
- Younger adults with certain health conditions may need one or both of these vaccines, so make sure to ask your doctor

Shingles (herpes zoster)

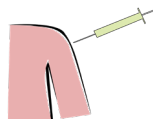
Typically 50+

- Anyone 50 years or older should get the shingles vaccine, even if you had shingles before
- The most effective vaccine is a two-dose series, spaced 2-6 months apart

Additional vaccines

These may also be recommended:

- Hepatitis A
- Hepatitis B
- Human Papillomavirus (HPV)
- You might need other shots if you have certain health conditions or travel overseas. Ask your health provider



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