**Adult Vaccination Recommendations**

**Vaccination** doesn’t stop just because you’re an adult. It’s important to continue to get vaccinated to help prevent a variety of diseases. By vaccinating yourself and your loved ones, you can ensure that you’re ready to prevent serious disease and pass it on to your family. At your next visit, ask your health care professional if you’re up-to-date on all recommended vaccinations.

**DON’T LET THE SEASON PASS YOU BY—GET YOUR VACCINATIONS TODAY!**

**Table 1.** Estimated influenza vaccination coverage among all children and adults, by selected age groups

<table>
<thead>
<tr>
<th>Age group</th>
<th>Coverage percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;5 years</td>
<td>53%</td>
</tr>
<tr>
<td>5-18 years</td>
<td>39%</td>
</tr>
<tr>
<td>18-44 years</td>
<td>42%</td>
</tr>
<tr>
<td>45-64 years</td>
<td>43%</td>
</tr>
<tr>
<td>≥65 years</td>
<td>46%</td>
</tr>
</tbody>
</table>

**Table 2.** Recommended ages for completion of primary series

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>Age range</th>
</tr>
</thead>
<tbody>
<tr>
<td>HPV</td>
<td>11-18 years</td>
</tr>
<tr>
<td>Varicella</td>
<td>≥13 years</td>
</tr>
<tr>
<td>Mumps, measles, rubella, polio</td>
<td>≥11 years</td>
</tr>
</tbody>
</table>

**Recommendation for adults of all ages**:
- Pneumococcal polysaccharide vaccine (PPSV23)
- Influenza vaccine
- Tetanus, diphtheria, and pertussis (Tdap)
- Hepatitis A and B vaccines
- Human papillomavirus (HPV) vaccine
- Varicella vaccine

**Additional recommendations**:
- Men: Hepatitis A and B vaccines
- Women: HPV vaccine

**ALWAYS:**
- Be up-to-date on the vaccines recommended for children—there are still many important diseases for adults that can be prevented with childhood vaccines.

**SIDE EFFECTS**

Side effects are rare and generally mild. You may experience:
- Pain, redness, or swelling at the injection site
- Low-grade fever
- Headache

If you experience any itching, hives, swelling, or difficulty breathing, you may have a serious allergic reaction to the vaccine. Call 9-1-1 and get immediate medical help.

**VACCINATION:**

The CDC recommends additional vaccines for adults based on certain risk factors such as age, race, sex, and lifestyle. Talk with your health care professional to learn more.

**IF YOU’RE AT HIGH RISK:**

- Do you have health, heart, lung disease, or another chronic disease?
- Are you living in a dormitory or close quarters with a large amount of people?
- Are you sexually active with a number of partners?
- Are you in the health care profession?
- Do you have asthma, heart, lung disease, diabetes, or other chronic disease?
- Do you have children who are 6-18 months old?
- Do you work in a school setting?
- Do you have a weakened immune system?
- Do you have a liver disease?
- Do you have another chronic disease?

**HIGH-RISK INFLUENZA VACCINATION:**

- Adult who are 65 years of age or older
- Adults with chronic medical conditions that increase the risk of serious illness from influenza
- Pregnant women
- Health care and emergency workers
- Certain household contacts and care-givers of children younger than 2 years of age
- Adults who work in close contact with children (e.g., teachers, child care workers, household contacts and caregivers of children younger than 2 years of age)

**HIGH-RISK PNEUMOCOCCAL VACCINATION**

- Adults over 65 years of age
- Adults over the age of 19 who have certain chronic medical conditions and lifestyle factors that increase the risk of serious illness from pneumonia
- Adults with other chronic medical Conditions that increase the risk of serious illness from pneumonia
- Adults who are long-term household contacts of persons with chronic medical conditions that increase the risk of serious illness from pneumonia
- Adults who live in long-term care facilities

**HIGH-RISK HEPATITIS A VACCINATION**

- Adults 18 years of age or older
- Adults who travel to countries where hepatitis A is endemic
- Adults who live or work in close contact with persons who are at risk for hepatitis A
- Adults who have hemophilia or another disorder that results in a bleeding tendency
- Adults who have certain other chronic medical conditions

**HIGH-RISK HEPATITIS B VACCINATION**

- Adults who are sexuaily active with a partner who has been determined to be a contact of a person who has hepatitis B
- Adults who are sexuaily active with a sex partner who is a contact of a person who has hepatitis B
- Adults with certain chronic medical conditions that increase the risk of serious illness from hepatitis B
- Adults with certain other chronic medical conditions

**HIGH-RISK HUMAN PAPILLOMAVIRUS (HPV) VACCINATION**

- Adolescents and young adults who have not yet been vaccinated
- Adults who have been previously vaccinated at age 15-26 years and have not completed the recommended regimen

**HIGH-RISK VARICELLA VACCINATION**

- Adults who have not had chickenpox
- Adults who are household contacts of infants less than 12 months of age

**HIGH-RISK MUMPS, MEASLES, RUBELLA VACCINATION**

- Adults who have not been vaccinated

**HIGH-RISK TETANUS, DIPHTHERIA, AND PERTUSSIS (Tdap) VACCINATION**

- Adults who have not been vaccinated

**SIDE EFFECTS**

Side effects are rare and generally mild. You may experience:
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- Low-grade fever
- Headache

If you experience any itching, hives, swelling, or difficulty breathing, you may have a serious allergic reaction to the vaccine. Call 9-1-1 and get immediate medical help.

**ADDICITIONAL INFORMATION**

- Adults and children 7 years of age and older: 1 dose of tetanus toxoid
- Adults and children 2 years of age and older: 1 dose of diphtheria toxoid
- Adults who have not been vaccinated: 1 dose of tetanus-diphteria-pertussis vaccine

**TERMS**

- Epidemiology: The study of the distribution and determinants of health-related states or events in a specified population
- Immunization: The administration of vaccines to induce immunity against specific diseases
- Vaccines: Substances that stimulate an immune response and protect against disease

**REFERENCES**

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7. Cherry, JD. Perspective: Epidemic pertussis in 2012 — the resurgence of a
10. ter-2-the-pre-travel-consultation/general-recommendations-for-vaccination-and-immunoprophylaxis#1925