



Adults Need Vaccines, Too!

VACCINES ARE THE BEST WAY TO PROTECT AGAINST SERIOUS DISEASES.

Flu vaccine

Recommended for all adults every year, including pregnant women.

This vaccine protects against influenza. Influenza is a highly contagious viral infection that can cause severe illness, hospitalizations and death.

Tdap and Td vaccines

Recommended that adults aged 19 and older get a Tdap vaccine once and a Td (tetanus, diphtheria) booster shot every 10 years. Recommended that women get a Tdap vaccine during every pregnancy.

These vaccines protect against tetanus, diphtheria and pertussis (whooping cough). Tetanus can lead to breathing difficulty, broken bones and/or death. Diphtheria can lead to airway blockage, heart damage, paralysis and death. Pertussis can lead to pneumonia, rib fractures and death.

Varicella vaccine

Recommended for adults who did not get it as a child or who have never had chickenpox.

This vaccine protects against chickenpox, which can lead to blisters, pneumonia, bleeding problems, swelling of the brain and death.

Zoster vaccine

Recommended for adults aged 60 years and older.

This vaccine protects against shingles, a painful body rash that can cause long-lasting nerve pain.

HPV vaccines

Recommended for women up to age 26; men up to age 21; and men aged 22 to 26 who have sex with men, have HIV or a weakened immune system.

These vaccines protect against the types of human papillomaviruses that cause most cervical cancers, anal cancer, mouth and throat cancers, and genital warts.

MMR vaccine

Recommended for adults who did not previously get two doses of it.

This vaccine protects against measles, mumps and rubella, all highly contagious diseases. Measles can lead to ear infections, pneumonia, swelling in the brain and/or death. Mumps can lead to swelling of the brain, the lining covering the brain and spinal cord, the testes, the ovaries and breast tissue. It can also cause deafness. Rubella can cause brain infections and bleeding problems, and can harm a developing baby.

Pneumococcal vaccines

Recommended for adults aged 65 and older, and adults younger than 65 with certain chronic health conditions.

These vaccines protect against pneumococcal disease, which causes meningitis, bloodstream infections, pneumonia and invasive pneumococcal disease.

Hepatitis A vaccine

Recommended for adults who have chronic liver disease, use recreational drugs, are men who have sex with men (MSM), and laboratory workers who work with the hepatitis A virus.

This vaccine protects against the hepatitis A virus, which can lead to liver failure; joint pain; kidney, pancreatic and blood diseases; and death.

Hepatitis B vaccine

Recommended for adults with diabetes, HIV or chronic liver disease; adult health care workers; MSM; and laboratory workers who work with the hepatitis B virus.

This vaccine protects against the hepatitis B virus, which can lead to chronic liver infection, liver failure, liver cancer and death.

Meningococcal vaccines

Recommended for college freshmen who live in a dormitory, adults who do not have a spleen or whose spleen does not work, adults with HIV, military recruits and laboratory workers with exposure to *Neisseria meningitidis* bacteria.

These vaccines protect against meningococcal disease, which can cause brain damage, loss of limbs and hearing, seizures, strokes and death.

Talk with your doctor today about which vaccines are right for you.

To learn more, visit
[cdc.gov/vaccines/adults](https://www.cdc.gov/vaccines/adults).