

Adult Vaccination Schedule

Vaccines are important to prevent getting serious illnesses. Here is a list of recommended adult vaccines. This may change slightly based on your age and health condition. Please talk with your health care provider about the vaccines you need and when.

Influenza vaccine

- Get it every year to protect you against the seasonal flu.

Pneumococcal 13-valent (PCV13) vaccine

- Prevnar® 13 is the brand name
- Protects you against 13 strains of the pneumococcal bacteria
- One-time dose

Pneumococcal polysaccharide (PCV23) vaccine

- Pneumovax® 23 is the brand name.
- Protects you against 23 strains of the pneumococcal bacteria
- One or two doses

Note: The Pneumococcal vaccines contain different strains so you need both vaccines.

Td/Tdap, tetanus, diphtheria and pertussis (whooping cough)

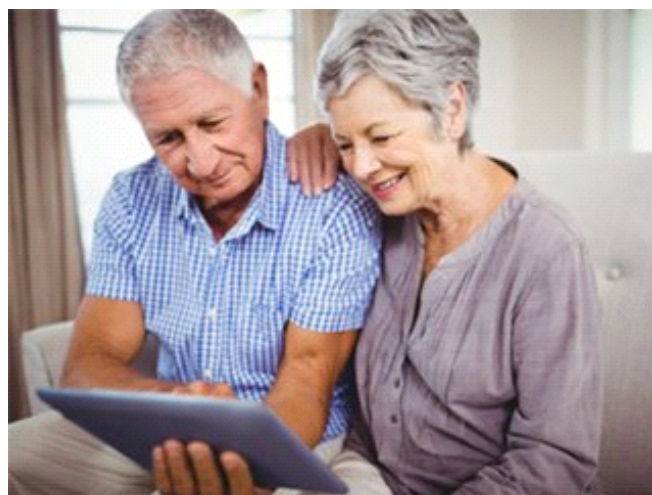
- Protects you against tetanus, diphtheria and pertussis
- One dose of Tdap (includes pertussis), then Td every 10 years

Note: Pregnant women during each pregnancy (preferred during weeks 27 through 36), regardless of the interval since prior Td or Tdap.

Shingles zoster vaccines (protects against shingles) for people age 50 years and older.

- Shingrix® is a brand name (better protection against shingles) - Two doses
- Zostavax® is a brand name - One dose

Other vaccines your health care provider may recommend if you did not receive them as a child or



based on your health condition include:

- Chickenpox (varicella) vaccine
- Hepatitis A and B vaccines
- Hib Haemophilus influenzae type b vaccine
- HPV (human papillomavirus)
- Meningococcal vaccine
- MMR vaccine

Please discuss any questions you have about vaccines with your health care provider. The Center for Diseases Control and Prevention (CDC) has helpful Vaccine Information Statements (VIS) at www.cdc.gov/vaccines.

Visit our website for more information about support groups, clinical trials and lifestyle information.

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NOTE: This information is provided to you as an educational service of the Mount Sinai – National Jewish Health Respiratory Institute. It is not meant to be a substitute for consulting with your own physician.