

## 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

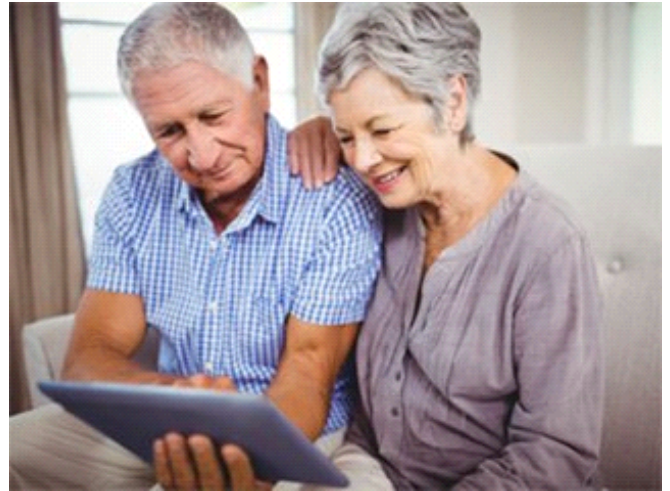
- Get it every year to protect you against the seasonal flu.

### 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](http://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 National Jewish Health. It is not meant to be a substitute for consulting with your own physician.

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