

Vaccinations for Adults

You're never too old to get vaccinated!

Getting vaccinated is a lifelong, life-protecting job. Don't leave your healthcare provider's office without making sure you've had all the vaccinations you need.

| Vaccine | Do you need it? |
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| Hepatitis A (HepA) | Maybe. You need this vaccine if you have a specific risk factor for hepatitis A* or simply want to be protected from this disease. The vaccine is usually given in 2 doses, 6–18 months apart. |
| Hepatitis B (HepB) | Maybe. You need this vaccine if you have a specific risk factor for hepatitis B* or simply want to be protected from this disease. The vaccine is given in 2 or 3 doses, depending on the brand. |
| Hib (<i>Haemophilus influenzae</i> type b) | Maybe. Some adults with certain high-risk conditions, for example, lack of a functioning spleen, need vaccination with Hib. Talk to your healthcare provider to find out if you need this vaccine. |
| Human papillomavirus (HPV) | Yes! You should get this vaccine if you are age 26 years or younger. Adults age 27 through 45 may also be vaccinated after a discussion with their healthcare provider. The vaccine is usually given in 3 doses over a 6-month period. |
| Influenza | Yes! You need a dose every fall (or winter) for your protection and for the protection of others around you. |
| Measles, mumps, rubella (MMR) | Maybe. You need at least 1 dose of MMR vaccine if you were born in 1957 or later. You may also need a second dose if you are a healthcare worker or traveling internationally. However, people with weakened immune systems should not get MMR.* |
| Meningococcal ACWY (MenACWY) | Maybe. You may need MenACWY vaccine if you have one of several health conditions,* for example, if you don't have a functioning spleen, and also boosters if your risk is ongoing. You need MenACWY if you are age 21 or younger and a first-year college student living in a residence hall and you either have never been vaccinated or were vaccinated before age 16. |
| Meningococcal B (MenB) | Maybe. You need MenB if you have one of several health conditions,* for example, if you do not have a functioning spleen, and also boosters if your risk is ongoing. You may also consider getting the MenB vaccine if you are age 23 or younger (even if you don't have a high-risk medical condition) after a discussion with your healthcare provider. |
| Pneumococcal (Pneumovax 23, PPSV23; Prevnar 13, PCV13) | Yes! If you are younger than age 65 and have a certain high-risk condition (for example, asthma, heart, lung, or kidney disease, immunosuppression, or you lack a functioning spleen or are a smoker),* you need 1 or both vaccines. At age 65 (or older), you will need PPSV23 and you may also be given PCV13 (if you haven't had it before) after a discussion with your healthcare provider.* |
| Tetanus, diphtheria, whooping cough (pertussis) (Tdap, Td) | Yes! If you have not received a dose of Tdap during your lifetime, you need to get a Tdap shot now (the adult whooping cough vaccine). And all women need to get a dose during each pregnancy. After that, you need a Td or Tdap booster dose every 10 years. Consult your healthcare provider if you haven't had at least 3 tetanus- and diphtheria-toxoid containing shots sometime in your life or if you have a deep or dirty wound. |
| Varicella (Chickenpox) | Maybe. If you've never had chickenpox, never were vaccinated, or were vaccinated but received only 1 dose, talk to your healthcare provider to find out if you need this vaccine.* |
| Zoster (shingles) | Yes! If you are age 50 or older, you should get the 2-dose series of the Shingrix brand of shingles vaccine, even if you already were vaccinated with Zostavax. |

* Consult your healthcare provider to determine your level of risk for infection and your need for this vaccine.

Are you planning to travel outside the United States? Visit the Centers for Disease Control and Prevention's (CDC) website at wwwnc.cdc.gov/travel/destinations/list for travel information, or consult a travel clinic.

Vaccinations for Pregnant Women

The table below shows which vaccinations you may or may not need during your pregnancy.

| Vaccine | Do you need it during your pregnancy? |
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| Influenza | Yes! You need a flu shot every fall (or even as late as winter or spring) for your protection and for the protection of your baby and others around you. It's safe to get the vaccine at any time during your pregnancy. |
| Tetanus, diphtheria, whooping cough (pertussis) Tdap, Td | Yes! Women who are pregnant need a dose of Tdap vaccine (the adult whooping cough vaccine) during each pregnancy, preferably in the early part of the third trimester. It's safe to be given during pregnancy and will help protect your baby from whooping cough in the first few months after birth when he or she is most vulnerable. After Tdap, you need a Tdap or Td booster dose every 10 years. Consult your healthcare provider if you haven't had at least 3 tetanus- and diphtheria-toxoid containing shots sometime in your life or if you have a deep or dirty wound. |
| Human papillomavirus HPV | No. This vaccine is not recommended to be given during pregnancy, but if you inadvertently receive it, this is not a cause for concern. HPV vaccine is recommended for all people age 26 or younger, so if you are in this age group, make sure you are vaccinated before or after your pregnancy. People age 27 through 45 may also be vaccinated against HPV after discussion with their healthcare provider. The vaccine is given in 2 or 3 doses (depending on the age at which the first dose is given) over a 6-month period. |
| Measles, mumps, rubella MMR | No. MMR vaccine is not recommended to be given during pregnancy, but if you somehow do receive it, this is not a cause for concern. At least 1 dose of MMR is recommended for you if you were born in 1957 or later. (And you may need a second dose.*) During your prenatal care, your healthcare provider will test your blood to assess your need for MMR following your delivery. It's best for you (and any future baby) to receive the protection vaccination provides before trying to become pregnant. |
| Varicella (Chickenpox) Var | No. Varicella vaccine is not recommended to be given during pregnancy, but if you inadvertently receive it, this is not a cause for concern. If you've never had chickenpox, never were vaccinated, or were vaccinated but received only 1 dose, it's best for you (and any future baby) to be protected with the vaccine before trying to become pregnant, or after you've completed your pregnancy. The vaccine is given in 2 doses 4–8 weeks apart. |
| Zoster (shingles) | No. If you are age 50 or older, you are recommended to get the 2-dose series of the Shingrix brand of shingles vaccine. But, since the safety of Shingrix vaccine during pregnancy is unknown, wait until after your pregnancy to get Shingrix. |
| Hepatitis A HepA | Maybe. You need this vaccine if you have a specific risk factor for hepatitis A,* for example, chronic liver disease, or live with someone who has hepatitis A infection. The vaccine is usually given in 2 doses, 6–18 months apart. If you need to get or continue the HepA vaccine series, it's safe to do so during pregnancy. |
| Hepatitis B HepB | Maybe. You need this vaccine if you have a specific risk factor for hepatitis B,* for example, if you are a healthcare worker. The vaccine is given in 3 doses and all brands are recommended for use in pregnant women, except Heplisav-B. If you need to start or continue the HepB vaccine series, it's safe to do so during pregnancy. It's important, too, that your newborn baby gets started on his or her HepB vaccination series within 24 hours of birth. |
| Hib (<i>Haemophilus influenzae</i> type b) | Maybe. Some adults with certain high-risk conditions,* for example, lack of a functioning spleen, need vaccination with Hib. If you need to get Hib vaccine, it's safe to receive it at any time during your pregnancy. |
| Meningococcal ACWY MenACWY | Maybe. You need MenACWY if you are a first-year college student living in a residence facility and you either have never been vaccinated or were vaccinated before age 16. You may need MenACWY vaccine if you have one of several health conditions,* for example, if you don't have a functioning spleen. During pregnancy, if you need MenACWY, it is safe to receive it. |
| Meningococcal B MenB | Maybe. You need MenB if you have one of several health conditions,* for example, if you do not have a functioning spleen. You may also be vaccinated with MenB vaccine if you are age 23 or younger (even if you don't have a high-risk medical condition) after a discussion with your healthcare provider. Because no studies have been conducted on MenB vaccine in pregnant women, your healthcare provider will need to determine if the benefits of vaccination are considered to outweigh the potential risks. |
| Pneumococcal Pneumovax, PPSV; Prevnar, PCV | Maybe. You need 1 or both of these vaccines if you have a certain risk factor* for pneumococcal disease, for example, diabetes (but not gestational diabetes). If you're unsure of your risk, talk to your healthcare provider to find out if you need either of these vaccines. If you are a candidate for either pneumococcal vaccine, it's safe to get them during pregnancy. |

* Consult your healthcare provider to determine your level of risk for infection and your need for this vaccine.

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