

# Adults Need Vaccines Too.

Vaccines are not just for children. The defense that vaccines give you as a child can start to wear off as you get older.

## What vaccines do you need?

You need to get different vaccines at different ages. Here are some vaccines that all adults should get.



**Recommended**  
Unless your doctor says otherwise



**May be recommended**  
Based on your body, age, and lifestyle

VACCINE	19-26 years old	27-49 years old	50-64 years old	65 years old or older
COVID-19	1 dose of any 2023-24 mRNA vaccine OR 2-dose series of Novavax vaccine (with booster shot)			
Flu	1 dose every year			
Tetanus, diphtheria, pertussis (Tdap)	1 dose of Tdap, then a booster every 10 years			
Measles, mumps, rubella (MMR)	1-2 doses			
Chickenpox	2 doses (if born in 1980 or later)			
Shingles	2 doses			
Pneumococcal Disease	1 dose			
Meningitis				
Human papillomavirus (HPV)	2-3 doses	27-45 years old (talk to doc about personal risk)		
Hepatitis A				
Hepatitis B	2-4 doses			
			60+ years old	

Talk to your healthcare provider today to see what vaccines are right for you and your family.

UPDATED SEPTEMBER 2023



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Disclaimer: This project was funded in whole by a cooperative agreement with the Centers for Disease Control and Prevention grant number 5 NU50CK000588-03-00. The Centers for Disease Control and Prevention is an agency within the Department of Health and Human Services (HHS). The contents of this resource center do not necessarily represent the policy of CDC or HHS and should not be considered an endorsement by the Federal Government.