

Recommended immunizations for adults



With all the focus on COVID-19 vaccines, it's a good time to make sure you are up-to-date on all vaccines for your age group. The Centers for Disease Control recommends numerous vaccines throughout our lifetimes, from one-time shots to annual injections. Review this chart, and then be sure to talk with your doctor about what's right for you.

And if you want an easy way to track your vaccine history, use MyChart, our free, secure, online patient portal. Information is available at mychart.montagehealth.org

Vaccine	What it can prevent	19–26 years	27–49 years	50–64 years	65 years and older
Influenza	Flu	1 dose annually			
Tetanus, diphtheria, pertussis (Tdap or Td)	Tetanus — infection that can cause painful muscle contractions Diphtheria — infection that can lead to difficulty breathing, heart failure, paralysis, and death Pertussis — highly contagious respiratory illness, also known as whooping cough	1 dose Tdap, then Td or Tdap booster every 10 years 1 dose Tdap for each pregnancy; 1 dose Td/Tdap for wound management			
Measles, mumps, rubella (MMR)	Measles — highly contagious virus that causes red blotchy rash, fever, cough, runny nose Mumps — viral disease that causes fever, headache, muscle pain, swelling Rubella — viral infection that causes a red rash	1 or 2 doses (if born in 1957 or later)			
Varicella	Highly contagious virus that causes skin rash that forms small blisters; also known as chicken pox	2 doses (if born in 1980 or later)	2 doses		
Shingles	Viral infection that causes a painful rash, often around the torso	2 doses			
Human papillomavirus (HPV)	Most common sexually transmitted infection in the US; can cause cancer	2 or 3 doses 27–45 years			
Pneumococcal conjugate (Prevnar 13)	Pneumonia	1 dose			
Pneumococcal polysaccharide (Prevnar 23)	Pneumonia	1 or 2 doses			1 dose
Hepatitis A	Highly contagious liver infection	2 or 3 doses depending on vaccine			
Hepatitis B	Liver infection	2 or 3 doses depending on vaccine			
Meningococcal A, C, W, Y (meningitis)	Infection that causes the membranes that cover the brain and spinal cord to become inflamed and swell, leading to headache, fever, and a stiff neck; can be deadly in a matter of hours	1 or 2 doses			
Meningococcal B (meningitis)	See above	2 or 3 doses depending on vaccine 19–23 years			
Haemophilus influenzae type b	For a range of infections caused by <i>H. influenzae</i> bacteria, from ear to bloodstream	1 or 3 doses			

LEGEND:

- Recommended for adults who meet the requirement, lack vaccine documentation, or lack evidence of past infection
- Recommended for adults with additional risk factor or another indication; talk to your doctor
- Talk to your doctor about whether this is recommended for you



SOURCE: Centers for Disease Control