## **Adult Vaccination Guidelines**

## Vaccines Help Keep You Healthy

Take an active part in planning your health care by knowing what vaccinations you need and when to get them. Vaccines can protect you from common diseases and illnesses. Talk with your health care provider if you have any questions about your health.

See below for the recommended schedule and page 2 for QR codes to the Vaccine Information Statements.

Vaccine	Age	How Often
Influenza	18 years and older	Every year.
COVID-19	18 years and older	<ul> <li>This is a one-time dose every year</li> </ul>
Tetanus booster (Td or Tdap)	18 years and older	After 1 dose of Tdap starting at age 11 years, have a Td or Tdap every 10 years.
Human papillomavirus vaccine (HPV)	18 years to 26 years	This is a one-time 3-dose primary series.
	27 to 45 years based on discussion with your provider	
Hepatitis B	■ 19 to 59 years	<ul> <li>This is a one-time 3-dose primary series.</li> </ul>
	60 years and older if you have risk factors.	
Herpes zoster (RZV) (shingles)	■ 50 years and older	<ul> <li>This is a one-time 2-dose series.</li> </ul>
	<ul> <li>Start at age 19 if you have issues with your immune system (immunodeficient or immunosuppressed.)</li> </ul>	
Pneumonia (PCV)	■ 50 years and older	This is a one-time 1-dose vaccination.
	<ul> <li>Start at age 19 if you have certain conditions or risk factors.</li> </ul>	
Respiratory Syncytial Virus (RSV)	75 years and older	<ul> <li>This is a one-time 1-dose vaccination.</li> </ul>
	<ul> <li>Start at 60-74 if you have certain conditions or risk factors.</li> </ul>	

## **Vaccine Information Statements**

To learn more about each vaccine, go to <u>immunize.org/vis/vis\_english.asp</u> and choose a vaccine statement.

To read a specific vaccine statement, use the QR codes below.

- Open your smart phone's camera.
- Hold the phone over the QR code.
- Click on the yellow link or click on the video.



Influenza (inactive) vaccine



PCV (pneumonia) vaccine



Influenza (live) vaccine



Td (tetanus, diphtheria) vaccine



Hepatitis B vaccine



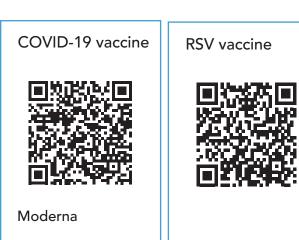
Tdap (tetanus, diphtheria, pertussis) vaccine



Herpes zoster (RZV) (shingles)



HPV (human papillomavirus) vaccine



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