

Recommended vaccines for adults: 19-65+ years

The chart below shows when you should receive your vaccines. Check the boxes to help you keep track.

Name: _____

| Vaccine | 19-21 years | 22-26 years | 27-49 years | 50-64 years | ≥65 years |
|--|--|--------------------------|--------------------------|---|---------------------------------|
| Chickenpox (varicella) | <input type="checkbox"/> <input type="checkbox"/> 2 doses (if born in 1980 or later) | | | | |
| Flu (influenza) yearly | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Hepatitis A | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 2 or 3 doses | | | | |
| Hepatitis B | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 2 or 3 doses | | | | |
| HIB | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 1 or 3 doses | | | | |
| HPV | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 1-3 doses (ask your provider) | | | | |
| Meningococcal MenACWY | <input type="checkbox"/> <input type="checkbox"/> 1 or 2 doses, then booster every 5 years if risk remains | | | | |
| Meningococcal MenB | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 2 or 3 doses | | | | |
| MMR (measles, mumps, rubella) | <input type="checkbox"/> <input type="checkbox"/> 1 or 2 doses (if born in 1957 or later) | | | | |
| Pneumococcal PCV13 | <input type="checkbox"/> 1 dose (if born in 1980 or later) | | | | <input type="checkbox"/> 1 dose |
| Pneumococcal PPSV23 | <input type="checkbox"/> <input type="checkbox"/> 1 or 2 doses | | | | <input type="checkbox"/> 1 dose |
| TD or Tdap (tetanus, diphtheria, pertussis) | <input type="checkbox"/> 1 dose, then Td booster every 10 years (or more as recommended by your provider) | | | | |
| Zoster-RZ | | | | <input type="checkbox"/> <input type="checkbox"/> 2 doses | |

Recommended at age requirement Recommended for high-risk adults

You can get this in other languages, large print, braille or a format you prefer. You can also ask for an interpreter. This help is free. Call 800-224-4840 or TTY 711. We accept relay calls.