

# You need vaccines throughout your life!

## 2024 Recommended Immunizations for Adults Aged 19 Years and Older




Want to learn more?  
Scan this QR code to find out which  
vaccines you may need. Or visit:  
[www.cdc.gov/vaccines/tool/adult.html](https://www.cdc.gov/vaccines/tool/adult.html)



Staying **up to date** on your vaccines is one of the best things you can do to protect your health.

If you are pregnant or have a medical condition that puts you at higher risk for infections, talk to your health care provider about which vaccines are right for you.

### KEY

-  ALL adults in age group should get the vaccine.
-  SOME adults in age group should get the vaccine.
-  Adults should talk to their health care provider to decide if this vaccine is right for them.

| VACCINE              | 19–26<br>YEARS   | 27–49<br>YEARS | 50–64<br>YEARS              | 65+<br>YEARS              |
|----------------------|--|----------------|-----------------------------|---------------------------|
| <b>COVID-19</b>      | At least 1 dose of the current COVID-19 vaccine              |                |                             |                           |
| <b>Influenza/Flu</b> | Every Year   |                |                             |                           |
| <b>RSV</b>           | If pregnant during RSV season                                |                | If aged 60 through 74 years | If aged 75 years or older |
| <b>Tdap/Td</b>       | Tdap every pregnancy. Td/Tdap every 10 years for all adults. |                |                             |                           |
| <b>MMR</b>           | If aged 66 years or younger                                  |                |                             |                           |
| <b>Chickenpox</b>    | If U.S. born and aged 43 years or younger                    |                |                             |                           |
| <b>Shingles</b>      | All adults 65 years and older                                |                |                             |                           |
| <b>HPV</b>           | All adults 19–26 years                                       | 27–45 years    |                             |                           |
| <b>Pneumococcal</b>  | All adults 19–64 years                                       |                |                             | All adults 65+ years      |
| <b>Hepatitis A</b>   | All adults 19 years and older                                |                |                             |                           |
| <b>Hepatitis B</b>   | Through 59 years   |                |                             |                           |
| <b>Meningococcal</b> | All adults 19 years and older                                |                |                             |                           |
| <b>Hib</b>           | All adults 19 years and older                                |                |                             |                           |
| <b>Mpox</b>          | All adults 19 years and older                                |                |                             |                           |

# What diseases do these vaccines protect against?

ADULTS AGED 19 YEARS AND OLDER

| VACCINE-PREVENTABLE DISEASE  | DISEASE COMPLICATIONS   | NUMBER OF VACCINE DOSES  |
|--|---|--|
| <b>COVID-19</b><br>Contagious viral infection of the nose, throat, or lungs; may feel like a cold or flu   | Pneumonia, blood clots, liver, heart, or kidney damage, long COVID, death   | 1 or more doses of the current COVID-19 vaccine depending on age or health status. For more information: <a href="https://www.cdc.gov/covidschedule">www.cdc.gov/covidschedule</a> |
| <b>Influenza (Flu)</b><br>Contagious viral infection of the nose, throat, and sometimes lungs  | Pneumonia, sinus and ear infections, worsening of underlying health conditions like heart and lung disease, death                                 | 1 dose each year   |
| <b>RSV (Respiratory syncytial virus)</b><br>Contagious viral infection of the nose, throat, and sometimes lungs  | Pneumonia, inflammation of the small airways in the lung; especially dangerous for infants, young children, and older adults                      | 1 dose   |
| <b>Tetanus (Lockjaw)*</b><br>Infection caused by bacterial spores found in soil and dust everywhere; spores enter the body through wounds or broken skin                   | Sudden, involuntary muscle spasms, jaw cramping, seizures, broken bones, difficulty breathing, death  | 3 doses if not already vaccinated<br>1 booster every 10 years<br>1 dose for dirty wounds   |
| <b>Diphtheria*</b><br>Contagious viral infection of the nose, throat, and sometimes lungs  | Thick, gray, build up in throat or nose makes breathing and swallowing difficult, heart failure, brain injury, coma, death                        | 3 doses if not already vaccinated<br>1 booster every 10 years  |
| <b>Pertussis (Whooping Cough)*</b><br>Contagious bacterial infection of the lungs and airway   | Severe coughing fits, life-threatening pause in breathing, pneumonia, death; especially dangerous for babies                                      | 3 doses if not already vaccinated<br>1 dose every pregnancy  |
| <b>Measles (Rubeola)†</b><br>Contagious viral infection that causes high fever, cough, red eyes, runny nose, and rash  | Brain swelling, pneumonia, death  | 1 or 2 doses   |
| <b>Mumps†</b><br>Contagious viral infection that causes fever, tiredness, swollen cheeks, and tender swollen jaw   | Brain swelling, painful and swollen testicles or ovaries, deafness, death   | 1 or 2 doses   |
| <b>Rubella (German Measles)†</b><br>Contagious viral infection that causes low-grade fever, sore throat, and rash  | Very dangerous in pregnant people; can cause miscarriage or stillbirth, premature delivery, severe birth defects                                  | 1 or 2 doses   |
| <b>Chickenpox (Varicella)</b><br>Contagious viral infection that causes fever, headache, and an itchy, blistering rash   | Infected sores, brain swelling, pneumonia, death  | 2 doses  |
| <b>Shingles (Zoster)</b><br>Caused by the chickenpox virus, which hides in the body and sometimes reactivates later in life  | Severe blistering rash on one side of the face or body; long-term nerve pain, hearing damage, blindness, death                                    | 2 doses  |
| <b>HPV (Human papillomavirus)</b><br>Contagious viral infection spread by sexual contact; sometimes causes genital warts   | Many types of cancers including cancers of the cervix, vagina, penis, anus, and throat  | 2 or 3 doses   |
| <b>Pneumococcal</b><br>Bacterial infections of ears, sinuses, lungs, or bloodstream  | Depends on the part of the body infected, but can include pneumonia, blood poisoning, infection of the lining of the brain and spinal cord, death | 1 or 2 doses   |
| <b>Hepatitis A</b><br>Contagious viral infection of the liver spread by contaminated food or drink or close contact with an infected person                                | Liver failure, yellow skin or eyes, stomach pain, vomiting, fever, diarrhea, fatigue, death   | 2, 3, or 4 doses depending on vaccine used   |
| <b>Hepatitis B</b><br>Contagious viral infection of the liver spread through contact with infected body fluids such as blood or semen                                      | Liver failure, yellow skin or eyes, stomach pain, vomiting, fever, diarrhea, fatigue, death   | 2, 3, or 4 doses depending on vaccine used   |
| <b>Meningococcal</b><br>Bacterial infection of the lining of the brain and spinal cord or the bloodstream  | Fever, headache, stiff neck, light sensitivity, confusion, loss of arm or leg, deafness, seizures, death  | 1 or more doses depending on vaccine used, medical condition, where patient lives or works   |
| <b>Hib (Haemophilus influenzae type b)</b><br>Bacterial infection that can attack the lungs, brain and spinal cord, or bloodstream   | Brain damage, hearing loss, loss of arm or leg, death   | 1 or 3 doses depending on medical condition  |
| <b>Mpox</b><br>Contagious viral infection spread by sexual contact; causes a painful rash, fever, headache, tiredness, cough, runny nose, sore throat, swollen lymph nodes | Infected sores, brain swelling, pneumonia, eye infection, blindness, death  | 2 doses  |

\*Tdap protects against tetanus, diphtheria, and pertussis

\*Td protects against tetanus and diphtheria

†MMR protects against measles, mumps, and rubella