What immunizations do adults need?

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When it comes to adult vaccinations, there is no “one-size-fits-all” approach. The recommendations depend on prior immunizations, age, allergies, medical history, and current health. Typical immunizations for most adults include:

- A one-time tetanus, diphtheria, pertussis (Tdap) shot and a tetanus and diphtheria (Td) booster every 10 years. An annual flu shot.
- If you weren’t vaccinated as a child, you may need the following: measles, mumps and rubella (MMR) and chicken pox. Hepatitis B immunization is routinely administered in infants, and is recommended for most people who are not immune. The human papillomavirus (HPV) vaccine is recommended for young adults who did not complete the series when younger.
- Two different pneumonia vaccines are recommended for adults over age 65, and everyone with certain risk factors. Shingles immunization is recommended for adults over age 60, and people with certain health conditions.
- Meningococcal is suggested for everyone at risk, particularly for people who have no spleen or are living with HIV. There are similar recommendations regarding haemophilus influenzae (Hib). If you have liver disease or are at risk for hepatitis A, vaccination is recommended.

August is National Immunization Awareness Month. For complete immunization schedules and details, visit the CDC’s website.

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