

CDC-Recommended Adult Vaccinations

Discuss the benefits of vaccinations recommended by the Centers for Disease Control (CDC) with your doctor or health care provider.* Find out which vaccinations are right for you and how often you should receive them.

- Influenza (Flu)**
Discussed with doctor/health care provider. If needed, date vaccination was received _____
- Tetanus, Diphtheria, Pertussis (Tdap)**
Discussed with doctor/health care provider. If needed, date vaccination was received _____
- Zoster (Shingles)**
Discussed with doctor/health care provider. If needed, date vaccination was received _____
- Meningococcal**
Discussed with doctor/health care provider. If needed, date vaccination was received _____
- Varicella (Chickenpox)**
Discussed with doctor/health care provider. If needed, date vaccination was received _____
- Pneumococcal**
Discussed with doctor/health care provider. If needed, date vaccination was received _____
- Measles, Mumps, Rubella (MMR)**
Discussed with doctor/health care provider. If needed, date vaccination was received _____
- Hepatitis A and/or Hepatitis B**
Discussed with doctor/health care provider. If needed, date vaccination was received _____

For more information visit the CDC adult immunization schedule page at <http://www.cdc.gov/vacines/schedules/easy-to-read/adult.html>.

*According to the CDC, the specific vaccinations adults need are determined by factors such as age, lifestyle, high-risk conditions, type and locations of travel and previous vaccinations. Throughout your adult life, it's important to talk with your doctor or healthcare provider about how to protect yourself from: influenza; tetanus (lockjaw), diphtheria (upper respiratory tract infection), pertussis (whooping cough); pneumococcus; meningococcal disease; zoster (shingles); measles, mumps, rubella (German measles); human papillomavirus (HPV); hepatitis A, hepatitis B; varicella (chickenpox).

Sources:

- *Centers for Disease Control and Prevention. Recommended adult immunization schedule—United States, 2012. MMWR 2012;61(4)*
- *Centers for Disease Control and Prevention, AARP, American Medical Association. Promoting Preventive Services for Adults 50-64: Community and Clinical Partnerships. Atlanta, GA: National Association of Chronic Disease Directors; 2009.*
- *U.S. National Library of Medicine website: <http://www.nlm.nih.gov/medlineplus/ency/article/001921.htm>*
- *Centers for Disease Control and Prevention website: <http://www.cdc.gov/vaccines/recs/schedules/adult-schedule.htm>*