Adults Need Vaccines Too!

**All Adults**

**Influenza**: Get a flu vaccine every year.

**Tetanus-diphtheria-pertussis (Tdap)**: Get 1 dose of Tdap vaccine if you did not get it as an adolescent. Then, get Td (tetanus-diphtheria) vaccine every 10 years after that.

**Varicella (chickenpox)**: If you never had chickenpox and were never vaccinated against it, you need 2 doses of varicella vaccine.

**Every Adult at a Certain Age**

**Human papillomavirus (HPV)**: For women through age 26, men through age 21, and certain men through age 26 (those who have compromised immune systems or who have sex with other men).

**Measles-mumps-rubella (MMR)**: If you were born in 1957 or later, you need at least 1 dose of MMR. Those going to school, travelers, and health care workers need 2 doses.

**Zoster (shingles)**: People 50 years or older need 2 doses. Talk to your doctor if you have already received shingles vaccine; you may need additional vaccine for better protection.

**Pneumococcal**: Everyone 65 and older needs two types of pneumococcal vaccine. If you were vaccinated before age 65 because of a health condition, talk to your health care provider about what you need.

**Pregnant Women**

**Influenza**: It can be given anytime during pregnancy. It will also protect your baby.

**Tetanus-diphtheria-pertussis (Tdap)**: Get a dose of Tdap during every pregnancy. Tdap is typically given during the 3rd trimester so it benefits your baby.

**Travelers**

If you’re traveling outside the United States, you may need to be vaccinated against **hepatitis A**, **hepatitis B**, **measles**, **mumps**, **rubella**, **influenza**, **meningococcal**, **yellow fever**, **typhoid**, **rabies**, or **Japanese encephalitis**. Talk to your provider about where you’re traveling.

**Adults with Certain Health Conditions or Special Situations**

**Hepatitis A**: For people with chronic liver disease or clotting factor disorders. Also for men who have sex with men (MSM) and close contacts of newly arriving international adoptees.

**Hepatitis B**: For people with chronic liver disease, clotting factor disorders, diabetes, HIV or another sexually transmitted infection, or are on dialysis. Also for MSM, health care workers, and developmental disability workers.

**Meningococcal**: For people with certain chronic immune defects, occupational exposure, and first-year college students up to age 21 living in a residence hall. Also for people without a spleen.

**Pneumococcal**: For people who have diabetes; lung, heart, or liver disease (including alcoholism); a compromised immune system; cochlear implants; smoke cigarettes; do not have a spleen; or live in a long-term care facility.

**More Information**

To learn more, talk to your provider or go to Vaccines for Adults (www.health.state.mn.us/divs/idepc/immunize/adult/).

If you don’t have health insurance, free or low-cost vaccine is available. Got to Vaccine Clinics Serving Uninsured and Underinsured Adults (www.health.state.mn.us/divs/idepc/immunize/adultvax/clinicsearch.html).

Need your immunization record? Talk to your provider or call the Minnesota Immunization Information Connection (MIIC) at 651-201-3980.