Adults Need Vaccines Too!

All Adults

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

**Tetanus-diphtheria-pertussis (Tdap):** Get one 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 should get two 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 one dose of MMR. Those going to school, travelers, and health care workers need two doses.

**Zoster (shingles):** Get a dose if you’re 60 or older.

**Pneumococcal:** Everyone age 65 and up should get two types of pneumococcal vaccine, but not on the same day. If you were vaccinated before age 65 because of a health condition, talk to your health care provider about what doses you may 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 disease, 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 Adult Immunization Information

Get more information about these vaccines at www.health.state.mn.us/immunize/adult, or talk to your health care provider.

If you don’t have health insurance, free or low-cost vaccine is available. Find a participating clinic at 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 651-201-5207 or 1-800-657-3970.