

Vaccine Checklist for Adults

Name: _____ Age: _____ Today's Date: _____

Adults are at risk for serious infections, many of which may be preventable through vaccination. The Centers for Disease Control and Prevention (CDC) makes recommendations about which vaccines adults should receive. Even if you were vaccinated as a child, you may need a booster shot or new vaccinations.

<i>Vaccine</i>	<i>Dates Given</i>
Influeza (Flu) 19-49 Years: Yearly dosage recommended if you have a chronic health condition or are a healthcare worker 50 Years or Older: Yearly dosage needed in fall or winter	
Pneumococcal 19-64: 1-2 doses are recommended if you have a chronic health condition 65 Years or Older: 1 dose needed at age (65) or older if you haven't been vaccinated. It is possible you might need another dose.	
Tetanus, Diptheria, Pertussis (Td, Tdap) All adults need a Tdap booster every 10 years. If you have not had at least 3 tetanus-and-diphtheria-containing shots sometime in your life it is recommended you get vaccinated now.	
Hepatitis A (HepA) Recommended if you have been diagnosed with a sexually transmitted disease. If you travel to countries other than United States, Western Europe, Canada, Japan, Australia, and New Zealand or have a history of drug use, chronic liver disease or a blood clotting disorder.	
Hepatitis B (HepB) Recommended if you have been diagnosed with HIV, a sexually transmitted disease, live or have sex with someone who has HepB, history of drug use, kidney dialysis, chronic liver disease, or are a immigrant from an area of the world where HepB is common.	
Human Papillomavirus (HPV) Recommended if you are a woman age 26 or younger.	
Measles, Mumps, Rubella (MMR) 1 dose recommended if you were born after 1957. You may at sometime need an additional dose.	
Varicella (Chickenpox) Recommended if you never had chickenpox or you were vaccinated and only received one dose.	
Meningococcal Recommended if you are a young adult going to college and plan to live in a dormitory.	
Zoster (Shingles) Recommended if you are age 60 years or older you should get this vaccine.	

Your doctor can provide information about vaccine-preventable infections and help you to asses your risk for them. You should talk with your doctor about the risks and benefits of the vaccine(s) you may choose to receive.