

# You need vaccines throughout your life!

## 2024 Recommended Immunizations for Adults Aged 19 Years and Older




Want to learn more?  
Scan this QR code to find out which vaccines you may need. Or visit:  
[www.cdc.gov/vaccines/tool/adult.html](http://www.cdc.gov/vaccines/tool/adult.html)



Staying **up to date** on your vaccines is one of the best things you can do to protect your health.

If you are pregnant or have a medical condition that puts you at higher risk for infections, talk to your health care provider about which vaccines are right for you.

### KEY

-  ALL adults in age group should get the vaccine.
-  SOME adults in age group should get the vaccine.
-  Adults should talk to their health care provider to decide if this vaccine is right for them.

For more info see  
**USCISclinic.com**

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VACCINE	19–26 YEARS	27–49 YEARS	50–64 YEARS	65+ YEARS
<b>COVID-19</b>	At least 1 dose of an updated COVID-19 vaccine			
<b>Influenza/Flu</b>	Every Year			
<b>RSV</b>	If pregnant during RSV season		If aged 60 years or older	
<b>Tdap/Td</b>	Tdap every pregnancy. Td/Tdap every 10 years for all adults.			
<b>MMR</b>	If aged 66 years or younger			
<b>Chickenpox</b>	If U.S. born and aged 43 years or younger			
<b>Shingles</b>	All adults aged 50 and older			
<b>HPV</b>	27–45 years			
<b>Pneumococcal</b>	All adults aged 65 and older			
<b>Hepatitis A</b>	All adults aged 19 years and older			
<b>Hepatitis B</b>	Through 59 years			
<b>Meningococcal</b>	All adults aged 16 years and older			
<b>Hib</b>	All adults aged 19 years and older			
<b>Mpox</b>	All adults aged 18 years and older			

Visit **USCISclinic.com**



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

FOR MORE INFORMATION  
Call toll-free: 1-800-CDC-INFO (1-800-232-4636)  
Or visit: [www.cdc.gov/vaccines/adults](http://www.cdc.gov/vaccines/adults)



# What diseases do these vaccines protect against?

ADULTS AGED 19 YEARS AND OLDER

VACCINE-PREVENTABLE DISEASE	DISEASE COMPLICATIONS	NUMBER OF VACCINE DOSES
<b>COVID-19</b> Contagious viral infection of the nose, throat, or lungs; may feel like a cold or flu	Pneumonia, blood clots, liver, heart, or kidney damage, long COVID, death	1 or more doses of updated COVID-19 vaccine depending on health status. For more information: <a href="https://www.cdc.gov/covidschedule">www.cdc.gov/covidschedule</a>
<b>Influenza (Flu)</b> Contagious viral infection of the nose, throat, and sometimes lungs	Pneumonia, sinus and ear infections, worsening of underlying health conditions like heart and lung disease, death	1 dose each year
<b>RSV (Respiratory syncytial virus)</b> Contagious viral infection of the nose, throat, and sometimes lungs	Pneumonia, inflammation of the small airways in the lung; especially dangerous for infants, young children, and older adults	1 dose
<b>Tetanus (Lockjaw)*</b> Infection caused by bacterial spores found in soil and dust everywhere; spores enter the body through wounds or broken skin	Sudden, involuntary muscle spasms, jaw cramping, seizures, broken bones, difficulty breathing, death	3 doses if not already vaccinated 1 booster every 10 years 1 dose for dirty wounds
<b>Diphtheria*</b> Contagious viral infection of the nose, throat, and sometimes lungs	Thick, gray, build up in throat or nose makes breathing and swallowing difficult, heart failure, brain injury, coma, death	3 doses if not already vaccinated 1 booster every 10 years
<b>Pertussis (Whooping Cough)*</b> Contagious bacterial infection of the lungs and airway	Severe coughing fits, life-threatening pause in breathing, pneumonia, death; especially dangerous for babies	3 doses if not already vaccinated 1 dose every pregnancy
<b>Measles (Rubeola)†</b> Contagious viral infection that causes high fever, cough, red eyes, runny nose, and rash	Brain swelling, pneumonia, death	1 or 2 doses
<b>Mumps†</b> Contagious viral infection that causes fever, tiredness, swollen cheeks, and tender swollen jaw	Brain swelling, painful and swollen testicles or ovaries, deafness, death	1 or 2 doses
<b>Rubella (German Measles)†</b> Contagious viral infection that causes low-grade fever, sore throat, and rash	Very dangerous in pregnant people; can cause miscarriage or stillbirth, premature delivery, severe birth defects	1 or 2 doses
<b>Chickenpox (Varicella)</b> Contagious viral infection that causes fever, headache, and an itchy, blistering rash	Infected sores, brain swelling, pneumonia, death	2 doses
<b>Shingles (Zoster)</b> Caused by the chickenpox virus, which hides in the body and sometimes reactivates later in life	Severe blistering rash on one side of the face or body; long-term nerve pain, hearing damage, blindness, death	2 doses
<b>HPV (Human papillomavirus)</b> Contagious viral infection spread by sexual contact; sometimes causes genital warts	Many types of cancers including cancers of the cervix, vagina, penis, anus, and throat	2 or 3 doses
<b>Pneumococcal</b> Bacterial infections of ears, sinuses, lungs, or bloodstream	Depends on the part of the body infected, but can include pneumonia, blood poisoning, infection of the lining of the brain and spinal cord, death	1 or 2 doses
<b>Hepatitis A</b> Contagious viral infection of the liver spread by contaminated food or drink or close contact with an infected person	Liver failure, yellow skin or eyes, stomach pain, vomiting, fever, diarrhea, fatigue, death	2, 3, or 4 doses depending on vaccine used
<b>Hepatitis B</b> Contagious viral infection of the liver spread through contact with infected body fluids such as blood or semen	Liver failure, yellow skin or eyes, stomach pain, vomiting, fever, diarrhea, fatigue, death	2, 3, or 4 doses depending on vaccine used
<b>Meningococcal</b> Bacterial infection of the lining of the brain and spinal cord or the bloodstream	Fever, headache, stiff neck, light sensitivity, confusion, loss of arm or leg, deafness, seizures, death	1 or more doses depending on vaccine used, medical condition, where patient lives or works
<b>Hib (Haemophilus influenzae type b)</b> Bacterial infection that can attack the lungs, brain and spinal cord, or bloodstream	Brain damage, hearing loss, loss of arm or leg, death	1 or 3 doses depending on medical condition
<b>Mpox</b> Contagious viral infection spread by sexual contact; causes a painful rash, fever, headache, tiredness, cough, runny nose, sore throat, swollen lymph nodes	Infected sores, brain swelling, pneumonia, eye infection, blindness, death	2 doses