

# Recommended Immunization Schedule for Adults



*For those who have already been immunized with the childhood vaccines*

## **YEARLY**

Influenza vaccine (the flu shot) is recommended for everyone age 65 or older (seniors); for people with chronic health conditions AT ANY AGE; also health care workers, first responders, volunteers and others who have regular contact with high-risk groups such as seniors and infants

## **EVERY 10 YEARS**

One booster dose to protect against tetanus (lockjaw) and diphtheria

## **OVER AGE 65 OR FOR PEOPLE OF ANY AGE WITH CHRONIC HEALTH CONDITIONS**

A pneumonia shot  
(generally only one dose is needed in a lifetime)

## **BORN IN 1970 OR LATER**

Adults who have never received the measles and mumps vaccines or have not had these diseases, should get one or two measles/mumps needles. The number of needles will depend on the risks of being exposed to the diseases (ex: health care workers, students attending college or university)

*Adults who have never had German measles, or have never been immunized against the disease, should get one dose of German measles vaccine.*