

Adults Need Vaccines, Too!

Adults should talk to their healthcare provider about vaccines recommended for them, which may include:

- ✓ Influenza (Flu)
- ✓ Hepatitis B & Hepatitis A
- ✓ HPV
- ✓ MMR
- ✓ Pneumococcal
- ✓ RSV
- ✓ Shingles
- ✓ Tdap
- ✓ COVID-19

**1 dose is recommended for adults who did not receive an MMR vaccine as a child or have evidence of immunity. An additional booster dose is recommended for individuals at increased risk of mumps during an outbreak. Learn more using the quiz below.*

Additional vaccines may be recommended for adults with certain conditions, including:

Diabetes, Heart Disease, HIV Infection, Liver Disease, and/or COPD/Asthma



What Vaccines Do You Need?

Take the Quiz!



Why do adults need vaccines?

Below, find highlighted vaccines and what they do for you!

Influenza (Flu): Often dismissed as "just the flu," influenza can cause a week of aches, fever, and tiredness

Hep B and Hep A: Protect yourself against the **Hepatitis B** and **Hepatitis A viruses**, which can cause liver damage that can lead to liver cancer

MMR: Protects against **Measles**, **Mumps**, and **Rubella**, which could lead to hearing loss, problems during pregnancy, and other complications

RSV: Protects against Respiratory Syncytial Virus (RSV), which can cause bronchiolitis and pneumonia in older adults

Pneumococcal: Protects against Pneumococcal bacteria, which causes pneumonia, blood infections, and meningitis (swelling around the spine and brain)

Tdap: Protects against **Diphtheria** (swelling of the heart, heart failure), **Pertussis** (whooping cough), and **Tetanus** (painful muscle spasms leading to lock jaw)

Zoster (Shingles): Protects against shingles and long-term nerve pain

COVID-19: COVID-19 vaccines help our bodies develop immunity to the virus that causes COVID-19 without us having to get sick

Questions? Talk with a healthcare provider about the vaccines recommended for you.

