



ACTION STEPS FOR WELLNESS

10 action steps for adult vaccines



1. Get a yearly flu vaccine and stay current with COVID-19 booster shots.
2. If you have not had chicken pox or two doses of Varicella (chicken pox) vaccine, ask your doctor if you need this vaccine.
3. If you are age 26 or younger, get three doses of human papillomavirus (HPV) as advised by your doctor. These protect women against cervical and other cancers, and help protect women and men against genital warts.
4. If you are younger than age 55 years old, ask your doctor if you need vaccines to prevent meningococcal disease.
5. Get one dose of Tetanus/Diphtheria/Pertussis (Tdap) – adult whooping cough vaccine – if you have not yet had this. You also need a tetanus/diphtheria (Td) vaccine every 10 years.
6. If you were born in 1957 or later, you may need at least one dose of measles, mumps, rubella (MMR) vaccine.
7. Get a pneumococcal vaccine once at age 65 years or older. If you smoke or have certain medical conditions, you need more than one dose, starting before age 65.
8. To prevent shingles or have a milder form of it, get two doses of RZV (Shingrix) vaccine at age 50 years old or older. You may not need this if you have not had chicken pox.
9. Talk to your doctor about the need for hepatitis A and hepatitis B vaccines.
10. Before you travel to other countries, find out if you need any other vaccines from your doctor and from 800.CDC.INFO (232.4636) or [cdc.gov/travel](https://www.cdc.gov/travel).