

# spread the word



## Vaccines aren't just for kids.

Immunity from childhood vaccines can wear off with age. And some vaccines protect against serious conditions that affect adults.

Vaccine	When
Seasonal flu	Every year
COVID-19	As recommended by your doctor
Tetanus / Diphtheria / Pertussis Tdap	All adults who have not yet had this. Td or Tdap booster shot every 10 years.
Shingrix (Shingles) Vaccine	Two doses age 50 and older
Pneumococcal Vaccine	Once at age 65+. Earlier and more than once if you smoke or if you have certain health conditions.

Find out more about these and other adult vaccines at [cdc.gov/vaccines](https://www.cdc.gov/vaccines).

# Protect your health. Get vaccines.