



NOVEMBER 22, 2024

Recommended Vaccinations for Adults

PURPOSE

Guide for individuals to ensure they stay up-to-date on recommended vaccines.

Recommended Immunizations for Adults Aged 19 Years and Older, United States, 2025

Download the Schedule

- [Print the schedule, color](#) PDF

More Schedule Resources

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For Other Groups

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- [Pregnant Women](#)

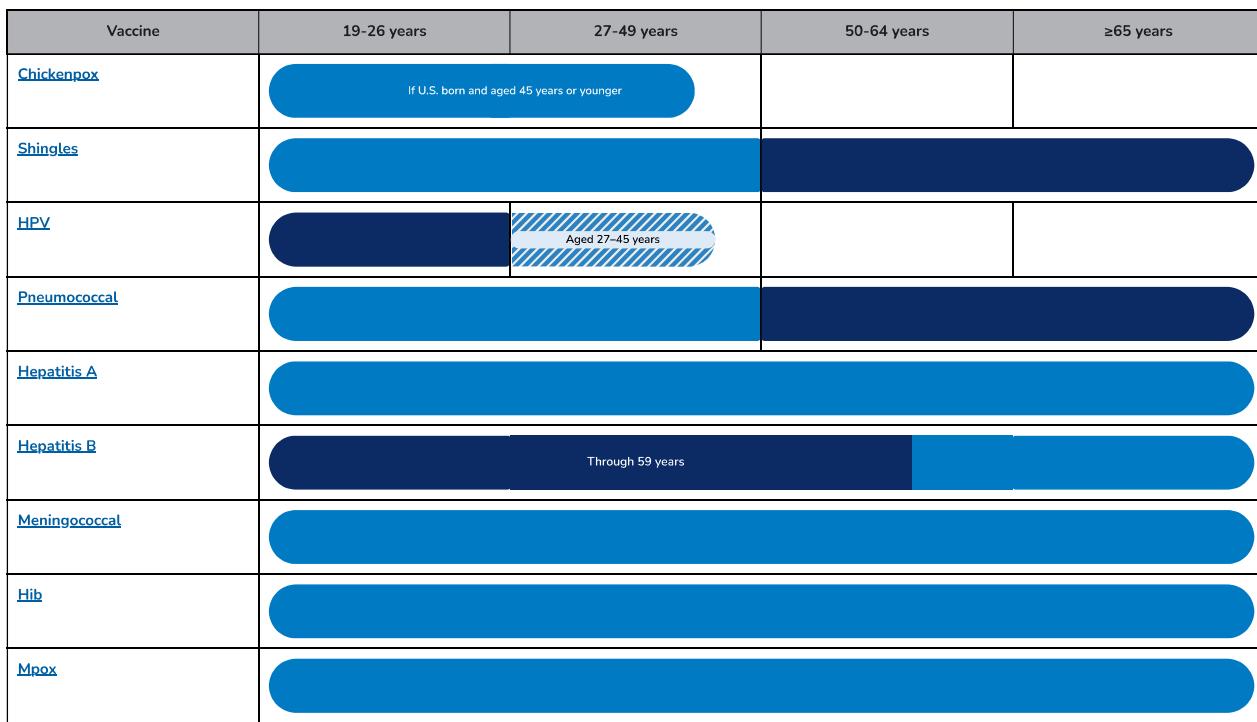
Staying **up to date** on your vaccines is one of the best things you can do to protect your health.

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.
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Vaccine	19-26 years	27-49 years	50-64 years	≥65 years
COVID-19		At least 1 dose of the current COVID-19 vaccine		65+: At least 2 doses.
Influenza/Flu			Every Year	
RSV	If pregnant during RSV season		If aged 60 through 74 years	If aged 75 years or older
Tdap/Td		Tdap every pregnancy. Td/Tdap every 10 years for all adults.		
MMR		If aged 68 years or younger		



What diseases do these vaccines protect against?

Vaccine-Preventable Disease	Disease complications	Number of Vaccine Doses
COVID-19 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 the current COVID-19 vaccine depending on age or health status. For more information: www.cdc.gov/covidsschedule
Influenza (Flu) 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
RSV (Respiratory syncytial virus) 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
Tetanus (Lockjaw)* 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
Diphtheria* 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
Pertussis (Whooping Cough)* 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
Measles (Rubeola)* Contagious viral infection that causes high fever, cough, red eyes, runny nose, and rash	Brain swelling, pneumonia, death	1 or 2 doses
Mumps* 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
Rubella (German Measles)* 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
Chickenpox (Varicella) Contagious viral infection that causes fever, headache, and an itchy, blistering rash	Infected sores, brain swelling, pneumonia, death	2 doses
Shingles (Zoster)	Severe blistering rash on one side of the face or body; long-term nerve pain, hearing damage, blindness,	2 doses

Vaccine-Preventable Disease	Disease complications	Number of Vaccine Doses
Caused by the chickenpox virus, which hides in the body and sometimes reactivates later in life	death	
HPV (Human papillomavirus) 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
Pneumococcal 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
Hepatitis A 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
Hepatitis 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
Meningococcal 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
Hib (<i>Haemophilus influenzae</i> type 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
Mpox 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

***Tdap**

protects against tetanus, diphtheria, and pertussis

***Td**

protects against tetanus and diphtheria

†MMR

protects against measles, mumps, and rubella

This easy-to-read schedule is recommended by the Advisory Committee on Immunization Practices ([ACIP](#)) and approved by the Centers for Disease Control and Prevention ([CDC](#)), American Academy of Family Physicians ([AAFP](#)), and American College of Physicians ([ACP](#)).

SOURCES

CONTENT SOURCE:

National Center for Immunization and Respiratory Diseases