



VACCINATIONS AREN'T JUST FOR CHILDREN

From birth through our senior years, we should be following a schedule of vaccinations to prevent life-threatening diseases and keep ourselves and our communities healthy.

CDC-RECOMMENDED VACCINATION SCHEDULES

Immunizations improve the health of everyone in our communities, from children to senior citizens. This list of recommended vaccinations from the Centers for Disease Control and Prevention (CDC) will help you keep track of what you need and when you need it. It's a good tool to use to start talking with your doctor about your needs.

HealthyMePA

INFANTS AND TODDLERS UP TO AGE 2

Vaccinations throughout childhood help provide immunity before children are exposed to potentially deadly diseases. More than one dose is needed for many vaccines to build and boost immunity.

Chickenpox (varicella): At 12 through 15 months

Diphtheria, tetanus, and pertussis (DTaP): At 2, 4, and 6 months, and 15 through 18 months

Flu: Every year by the end of October, starting at 6 months

Haemophilus influenzae type b (Hib): At 2, 4, and 6 months (if needed, depending on the brand), and 12 through 15 months

Hepatitis A: At 12 through 23 months and a second dose six months after the first

Hepatitis B: Shortly after birth, at 1 through 2 months, and at 6 through 18 months

Measles, mumps, rubella (MMR): At 12 through 15 months. Infants 6 through 11 months old should have one dose of MMR vaccine before traveling abroad

Pneumococcal (PCV13): At 2, 4, and 6 months, and 12 through 15 months

Polio (IPV): At 2 and 4 months, and 6 through 18 months

Rotavirus (RV): At 2 and 4 months (for Rotarix brand), or 2, 4, and 6 months (for RotaTeq brand)





PRESCHOOL AND ELEMENTARY YEARS, AGES 3 TO 10

Children require additional doses of a few vaccines to ensure full protection.

Chickenpox (varicella): At 4 through 6 years

Diphtheria, tetanus, and pertussis (DTaP): At 4 through 6 years

Flu: Every year by the end of October

Measles, mumps, rubella (MMR): At 4 through 6 years

Polio (IPV): At 4 through 6 years

PRETEEN AND TEEN YEARS, AGES 11 THROUGH 18

Adolescents need additional vaccines to extend protection as their childhood immunizations wear off, and other vaccinations that will protect them from additional infections before their risk of exposure increases. Children heading to college will want to ensure they're up to date and have a copy of all their immunization records.

Flu: Every year by the end of October

Human papillomavirus (HPV): At 11 through 12 years and a second dose six to 12 months after the first

Meningococcal conjugate: At 11 through 12 years and at 16 years

Serogroup B meningococcal: May be given at 16 through 23 years for patients with specific conditions or risks. Discuss this with your doctor

Tetanus, diphtheria, and pertussis (Tdap): At 11 through 12 years





PREGNANT WOMEN

Even before becoming pregnant, make sure you're up to date on your vaccinations. You can pass along some immunity that will help protect your baby from diseases during the first few months after birth. Pre-pregnancy vaccines can help protect you from serious diseases while you are pregnant, including rubella, which can cause miscarriages and birth defects.

Measles, mumps, rubella (MMR): At least a month before becoming pregnant

Tetanus, diphtheria, and pertussis (Tdap): During the third trimester of every pregnancy

Flu: By the end of October, if possible

ADULTHOOD

The specific immunizations you need as an adult are determined by your age, lifestyle, health conditions, travel, and previous immunizations.

Flu: Every year by the end of October

Tetanus (Td): One dose of Td every 10 years. Adults who have never received Tdap should get it in place of a Td dose.

Shingles: Healthy adults 50 and older should get two doses of the preferred shingles vaccine Shingrix (recombinant zoster vaccine), separated by two to six months. Although Shingrix is preferred, an older vaccine called Zostavax (zoster vaccine live or SVL) may still be used to prevent shingles in healthy adults 60 and older.

Pneumonia:

*Adults 65 and older need one dose of pneumococcal conjugate vaccine, followed by one dose of pneumococcal polysaccharide vaccine.

*Adults younger than 65 with certain health conditions such as heart disease, diabetes, cancer, and HIV should also get one or both vaccines. Your doctor can provide the best advice for your situation.

Adults may need other vaccines based on their health, lifestyle, or travel. Consult your doctor, refer to [specific](#) CDC adult vaccination information, or explore the agency's health recommendations for [travel](#).

