

# You never outgrow the need for vaccines!

Protect yourself and your loved ones from vaccine-preventable diseases.

## Recommended Vaccines

The specific immunizations you need as an adult are determined by factors such as your age, lifestyle, high-risk conditions, type and locations of travel and previous immunizations.

	19 - 21 Years	22 - 26 Years	27 - 49 Years	50 - 59 Years	60 - 64 Years	65+ Years
<b>Influenza</b>	Every flu season!					
<b>Tetanus, Diphtheria, Pertussis (Tdap)</b>	Get a Tdap vaccine once, then a Td booster vaccine every 10 years.					
<b>Varicella (Chickenpox)</b>	Recommended for those who lack documentation of vaccination or have no evidence of previous infection.					
<b>HPV Vaccine for Women</b>	✓ (3 doses)					
<b>HPV Vaccine for Men</b>	✓ (3 doses)	✓ (3 doses)				
<b>Zoster (Shingles)</b>						✓ (1 dose)
<b>Measles, Mumps, Rubella (MMR)</b>	Recommended for those who lack documentation of vaccination or have no evidence of previous infection.					
<b>Pneumococcal</b>				✓ (1 or 2 doses)		✓ (1 dose)
<b>Meningococcal Conjugate (MCV4)</b>				✓ (1 or more doses)		
<b>Hepatitis A</b>				✓ (2 doses)		
<b>Hepatitis B</b>				✓ (3 doses)		

✓ Vaccine is recommended for adults with certain risks related to their health, job or lifestyle that puts them at higher risk for serious diseases. Talk to your health care provider.

Missouri's immunization schedule is compatible with the current recommendations of the Advisory Committee on Immunization Practice (ACIP) of the Centers for Disease Control and Prevention (CDC), the American Academy of Pediatrics (AAP) and the American Academy of Family Physicians (AAFP). For more information, please contact the Missouri Department of Health and Senior Services, Bureau of Immunization Assessment and Assurance at 800.219.3224 or visit [www.health.mo.gov/immunizations](http://www.health.mo.gov/immunizations).  
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**Be the example!** Stay healthy and be a positive role model.



**Be an advocate!** Encourage others to check with their health care provider for immunizations they may need.