

Adults Need Vaccines, Too!



Adults should talk to their health care provider about vaccines recommended for them, which may include:

- ✓ Influenza (Flu)
- ✓ Hepatitis B & Hepatitis A
- ✓ HPV
- ✓ MMR
- ✓ RSV
- ✓ Pneumococcal
- ✓ Shingles
- ✓ Tdap
- ✓ COVID-19
- ✓ HPV

Additional vaccines may be recommended for adults with certain conditions, including:

Diabetes, Heart Disease, HIV Infection, Liver Disease, and/or COPD/Asthma

What vaccines do you need?



Take the
Quiz!

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Why Do Adults Need Vaccines?

Below, find highlighted vaccines and what they do for you!

INFLUENZA (FLU)

Often dismissed as “just the flu,” influenza can cause aches, fever, tiredness, and pneumonia

HEP B AND HEP A

Protect yourself against the Hepatitis B and Hepatitis A viruses, which can cause liver damage that can lead to liver cancer

MMR

Protects against Measles, Mumps, and Rubella, which could lead to hearing loss, sterility in males, testicular inflammation, pneumonia, and severe swelling of the brain

RSV

Protects against respiratory syncytial virus (RSV). RSV is a common respiratory virus that usually causes mild, cold-like symptoms but can lead to more severe infections in some cases.

PNEUMOCOCCAL

Protects against Pneumococcal bacteria, which causes pneumonia, blood and brain infections, and meningitis (swelling around the spine and brain)

Tdap

Protects against Diphtheria (swelling of the heart, heart failure), Pertussis (whooping cough), and Tetanus (painful muscle spasms leading to lock jaw)

ZOSTER (SHINGLES)

Protects against shingles and long-term nerve pain

COVID-19

Protects against the COVID-19 virus that can cause severe pneumonia, heart inflammation, blood clots, and Long COVID syndrome

HPV

Protects against infection from the HPV virus, which can lead to six types of cancer cervical, vaginal, vulvar, anal, penile, and throat.

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