

Meningococcal (meningitis)

There are two different meningococcal (muh-nin-jo-kok-ul) vaccines MenACWY and MenB. Meningococcal disease is a rare but serious illness. It is caused by bacteria that can infect the areas around the brain and spinal cord or the bloodstream.

Adults may need one or both vaccines if they:

- Have a removed or damaged spleen (such as sickle cell disease)
- Have persistent terminal complement component deficiency
- Are lab staff working with these bacteria
- Are exposed during a community outbreak
- Have HIV
- Are college freshmen living in dorms
- Are military recruits
- Travel to certain places
- Are taking the medication eculizumab (Soliris®)
- Are aged 16 through 23 years

MMR (measles-mumps-rubella)

All persons born in 1957 or later without proof that they have had measles, mumps, and rubella should receive MMR vaccine.

Some adults should get 2 shots: college students, health care workers, persons who live with or are close contacts of someone with a weakened immune system, and all who travel outside the country.

Zoster (shingles)

There are two different shingles vaccines. Adults 50 years and older need 2 doses of Shingrix vaccine, even if they previously received Zostavax vaccine.

Adults who have had shingles disease in the past should still get Shingrix vaccine.

Human Papillomavirus (HPV)

HPV vaccine protects against several cancers (such as cancers of the cervix, vulva, vagina, penis, anus, rectum, and the back of the throat) and genital warts.

While HPV vaccine is routinely recommended at age 11 to 12 years, males and females may be vaccinated through 45 years of age.

**Ask your health care provider
which vaccines are right for you!**

Your vaccine record

You should be given a record of the vaccines that you have received. Keep it and carry it with you at all times. Show your record to your health care provider at visits.

The Michigan Care Improvement Registry (MCIR) is a great way to keep track of any person's vaccine record. Ask your health care provider if all your vaccines are in MCIR.

Make sure you and your loved ones get all needed vaccines.

Paying for vaccines

Adults who are uninsured or have insurance that doesn't cover the cost of vaccines should check with their Local Health Department (LHD) about getting vaccines for free or for little cost.

Adults who have insurance that covers vaccines (including Medicare or Medicaid) should speak with their health care provider or LHD about where to get vaccines.

Travel outside the country

You may need other vaccines well before your scheduled trip! Check with your health care provider, your local health department, or the Centers for Disease Control and Prevention (CDC) website to learn more: www.cdc.gov/travel.

Where to go for more information

- Your health care provider
- Your local health department:
www.michigan.gov/lhdmap
- Michigan Department of Health and Human Services:
www.michigan.gov/immunize
- Alliance for Immunization in Michigan:
www.aimtoolkit.org
- Vaccine Education Center:
www.chop.edu/vaccine
- Immunization Action Coalition:
www.vaccineinformation.org
- CDC:
 - www.cdc.gov/vaccines
 - English and Spanish
 - 800-CDC-INFO
 - 800-232-4636
 - TTY 888-232-6348



Rev. 10/19

VACCINES FOR ADULTS



Are you fully protected?



Hepatitis A

Adults who need hepatitis A vaccine:

- All persons who want to be safe from the hepatitis A virus (HAV)
- Persons who live with or care for a person with HAV
- Persons in close contact with an adopted child from a place where HAV is common
- Men who have sex with men
- Persons with blood clotting factor disorders
- Persons with acute or chronic liver disease, including those with hepatitis B virus (HBV) or hepatitis C virus (HCV)
- Persons who use illegal drugs
- Persons experiencing homelessness or in transient living
- Persons who work with HAV-infected apes and monkeys, or in a HAV research lab
- Some travelers

Varicella (chickenpox)

Chickenpox disease can be very serious in adults! All adults born in the U.S. in 1980 or later who have not had chickenpox should receive varicella vaccine. If you have had only 1 dose of varicella vaccine in your lifetime, then you need a second shot.

Hepatitis B

Adults who need hepatitis B vaccine:

- All persons who want to be safe from the hepatitis B virus (HBV)
- Health care workers and others whose job puts them at risk for infection
- Persons who live or work in facilities for persons with developmental disabilities
- Persons who live with, care for, or have sex with a person with HBV
- Men who have sex with men
- Persons with more than 1 sex partner in the last 6 months
- Persons with or being treated for a sexually transmitted infection (STI)
- Persons with diabetes
- Persons with end-stage renal disease, including pre-dialysis and dialysis patients
- Persons with acute or chronic liver disease, including those with hepatitis C virus (HCV)
- Persons with HIV
- Persons who use injection drugs
- Persons born in countries or places where HBV is common
- Some travelers
- Persons in prison or jail

Influenza (flu)

All adults are recommended to get flu vaccine each year.

Flu vaccination is especially important for:

- Pregnant women
- Health care workers
- Persons with health problems (such as diabetes, asthma, sickle cell disease, lung, heart, liver, or kidney problems)
- Persons who live with or care for persons at high risk (listed above)
- Persons who care for infants and children

Tdap (tetanus-diphtheria-pertussis)

Adults need 1 dose of Tdap if they never had a dose, especially if they:

- Are living with or caring for an infant under 12 months of age
- Are a health care worker

Pregnant women need 1 dose of Tdap during the early part of the third trimester of **every pregnancy** to best protect their infant.

Td (tetanus-diphtheria)

Adults who have had Tdap need Td when:

- It has been 10 years or more since their last shot of Tdap/Td
- They have a wound and it has been 5 years since their last shot of Tdap/Td

Pneumococcal (pneumonia)

There are two different pneumococcal (noo-muh-kok-ul) vaccines PCV13 and PPSV23.

Adults 19 years and older may need one or both of these vaccines if they:

- Have asthma or smoke cigarettes
- Have long-lasting health problems (such as diabetes, heart, lung, liver or kidney problems)
- Are being treated for cancer or have had solid organ transplant
- Have a removed or damaged spleen (such as sickle cell disease)
- Have HIV
- Have problems with alcohol
- Have a cochlear implant
- Have a cerebrospinal fluid (CSF) leak

All adults 65 years and older will need one or both of these vaccines.

Ask your health care provider which vaccines are right for you!

