



2024 CDC Recommended Adult Vaccine Schedule

The Importance of Getting Vaccines

- Protect yourself and others (especially babies, children, older adults and people with low immunity) from vaccine-preventable disease.
- Avoid missing work or school.
- Stay well and out of the hospital.
- Build your immunity.
- Prevent severe illness and death.



Always check with your healthcare provider about which vaccines are right for you.

Travel and Vaccine Requirements

Always check on vaccine requirements and recommendations before leaving the country. The most common required vaccines are malaria, cholera, typhoid, encephalitis and COVID-19. These sites have information about vaccine, water precaution, diarrhea prevention, food concern, travel alert traveling safely with children and infants.

- <https://wwwnc.cdc.gov/travel/destinations/list>
- <https://www.dshs.texas.gov/idps-home/international-travel-idps>
- https://www.passporthealthusa.com/vaccinations/?paid=1&satid=350&gclid=EAlaIqobChMI1OSbtvTRhgMVZCGHax3C8w0GEAAAYASAAEgJnVPD_BwE



For more information about vaccines, go to <https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html>

Your Vaccine Record

For a copy of your immunization record:

- Ask your parent or guardian for your records.
- Ask your provider or former pediatrician.
- Ask your elementary, secondary or high school.
- Fill out the [linked form](https://www.dshs.texas.gov/sites/default/files/LIDS-Immunizations/pdf/pdf_stock/F11-11406.pdf) (https://www.dshs.texas.gov/sites/default/files/LIDS-Immunizations/pdf/pdf_stock/F11-11406.pdf) and submit to ImmTrac2@dshs.texas.gov or mail to the address in the "Contact" section.

See the Vaccine Schedule on the reverse side of this flier.



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Vaccine	19-26 years	27-49 years	50-64 years	≥65 years
COVID-19	1 or more doses of updated (2023-2024 Formula) vaccine			
Influenza inactivated (IIV4) or Influenza recombinant (RIV4)	1 dose every year			
Flu (LAIV4)	1 dose every year			
Respiratory Syncytial Virus (RSV)	Seasonal administration during pregnancy			≥60 years
Tetanus, dphtheria, pertusis (Tdap or Td)	1 dose Tdap each pregnancy; 1 dose Td/Tdap for wound management			
	1 dose Tdap, then Td or Tdap booster every 10 years			
Measles, mumps, rubella (MMR)	1 or 2 doses depending on indication (if born in 1957 or later)			For healthcare personnel
Varicella (VAR) chickenpox	2 doses (if born in 1980 or later)	2 doses		
Zoster recombinant (RZV) shingles	2 doses for immunocompromising conditions		2 doses	
Human papillomavirus (HPV)	2 or 3 doses depending on age at initial vaccination or condition	27 through 45 years		
Pneumococcal Pneumonia (PCV15, PCV20, PPSV23)				
Hepatitis A (HepA)	2, 3, or 4 doses depending on vaccine			
Hepatitis B (HepB)	2, 3, or 4 doses depending on vaccine or condition			
Meningococcal A, C, W, Y (MenACWY)	1 or 2 doses depending on indication, see notes for booster recommendations			
Meningococcal B (MenB)	19 through 23 years	2 or 3 doses depending on vaccine and indication, see notes for booster recommendations		
Haemophilus influenzae type b (Hib)	1 or 3 doses depending on indication			
Mpox				

LEGEND

Recommended vaccines for adults who meet the age requirement, or do not have documented proof of the vaccine or immunity.

Recommended vaccines for adults with a risk factor or other indication.

Discuss these vaccines with your doctor to make the best decision for you.

Usually not or not recommended or applicable.*

SOURCES

<https://wwwnc.cdc.gov/travel/destinations/list>
<https://www.cdc.gov/vaccines-adults/index.html>
<https://www.cdc.gov/vaccines-adults/reasons/index.html>
<https://www.dshs.texas.gov/idps-home/international-travel-idps>
https://www.dshs.texas.gov/sites/default/files/LIDS-Immunizations/pdf/pdf_stock/F11-11406.pdf
https://www.passporthealthusa.com/vaccinations/?paid=1&satid=350&gclid=EAlaQobChMI1OSbtVTRhgMVZCGHax3C8w0GEAYASAAEqJnVPD_BwE

*People who have a diagnosis of cancer or other risk factors should follow their doctor's recommendations
 Doctors on the medical staffs practice independently and are not employees or agents of Texas Health hospitals or Texas Health Resources. © 2024 Texas Health Resources