

## Adult Vaccines: Your Pathway to Lifelong Protection

Your health is precious and priceless. Taking good care of it, being proactive, and making informed choices can make a profound difference in our lives and the lives of our loved ones.

### Your Health, Your Choice

As your Champion for Health, at EverThrive Illinois, we believe in the power of choice. When it comes to your health, getting vaccinated is your decision. Vaccines are important to our overall health, so consider getting vaccinated.

### 5 Important Reasons for Adults to Get Vaccinated



**You can't afford the risk of getting sick.**

Vaccines keep us healthy and strong so we can work, and take care of ourselves, and our families. Vaccines prevent us from diseases that are expensive to treat.



**Vaccines are important to our overall health.**

Vaccines are the most accessible, cost-effective, and safe way to prevent diseases and fortify our immune systems at any age.



**Some diseases are more common in adults.**

As you get older, your risk for developing certain diseases like Shingles can increase.



**When you get vaccinated, you help protect others too.**

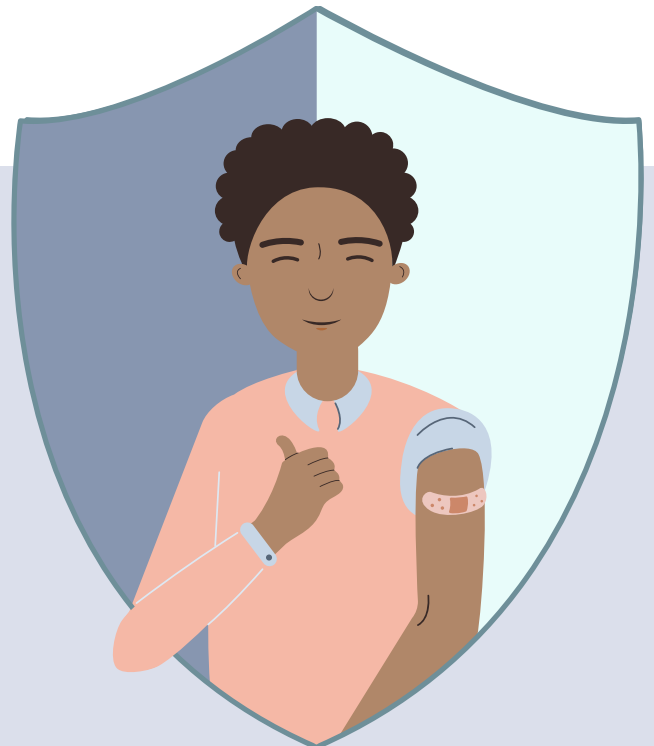
By staying up to date on your vaccines, you're helping to reduce the spread of preventable diseases to vulnerable populations, like infants and immunocompromised people, whose immune systems can't fight infections as effectively.



**Protection from some of the vaccines you received as a child can wear off over time.**

Booster doses are needed to have continued protection from those diseases.

Don't miss your shot at protecting yourself and those you love. At your next doctor's visit, talk to your health care provider or pharmacist about what vaccines you or your family may need.



## Vaccine Checklist

VACCINE	QUESTIONS/NOTES	DATE GIVEN	DATE OF NEXT DOSE
COVID-19			
Hepatitis B (HepB)			
Human papillomavirus (HPV)			
Influenza (Flu)			
Pneumococcal (PPSV23; PCV15, PCV20)			
Tetanus, diphtheria, whooping cough (pertussis) (Tdap, Td)			
Zoster (shingles)			
Varicella (Chickenpox)			
Hepatitis A (HepA)			
Hib (Haemophilus influenzae type b)			
Measles, mumps, rubella (MMR)			
Meningococcal ACWY (MenACWY)			
Meningococcal B (MenB)			

## What Vaccines do You need?

TYPE OF VACCINE	SHOULD I GET THIS?
<b>COVID-19</b>	<b>Yes!</b> All adults are recommended to get a primary series of COVID-19 vaccine plus an additional dose annually when eligible.
<b>Hepatitis B (HepB)</b>	<b>Yes!</b> All adults younger than 60 are recommended to complete a 2-,3-, or 4-dose series of hepatitis B vaccine, depending on the brand. You also need this vaccine if you are 60 or older and have a specific risk factor, or you don't have a risk factor but simply want to be vaccinated.
<b>Human papillomavirus (HPV)</b>	<b>Yes!</b> You should get this vaccine if you are 26 years or younger. Adults age 27 through 45 may also be vaccinated against HPV after a discussion with their healthcare provider. The vaccine is usually given in 2 or 3 doses (depending on the age at which the first dose was given) over a 6-month period.
<b>Influenza (Flu)</b>	<b>Yes!</b> You need to be vaccinated against influenza every year.
<b>Pneumococcal (PCV15, PCV20, PCV21, PPSV23)</b>	<b>Yes!</b> Adults younger than 65 with certain underlying medical conditions (e.g., chronic heart disease) or other risk factors need pneumococcal vaccine. All adults age 65 and older also need to be vaccinated if they haven't previously received a pneumococcal conjugate vaccine (PCV). Your healthcare provider can determine what vaccine, if any, you may need.
<b>Tetanus, diphtheria, whooping cough (pertussis) (Tdap, Td)</b>	<b>Yes!</b> If you have not received a dose of Tdap during your lifetime, you need to get a Tdap shot now. After that, you need a Tdap or Td booster dose every 10 years. Consult your healthcare provider if you haven't had at least 3 tetanus- and diphtheria-toxoid containing shots sometime in your life or if you have a deep or dirty wound.
<b>Zoster (shingles)</b>	<b>Yes!</b> If you are 19 or older and have a weakened immune system or are 50 or older, you should get a 2-dose series of the Shingrix brand of shingles vaccine, even if you were already vaccinated with Zostavax.



## What Vaccines do You need? (Continued)

TYPE OF VACCINE	SHOULD I GET THIS?
<b>Varicella (Chickenpox)</b>	<b>Maybe.</b> If you have never had chickenpox, never were vaccinated, or were vaccinated but only received 1 dose, talk to your healthcare provider to find out if you need this vaccine.
<b>Hepatitis A (HepA)</b>	<b>Maybe.</b> You need this vaccine if you have a specific risk factor for hepatitis A* or simply want to be protected from this disease. The vaccine is usually given in a 2-, 3-, OR 4-dose series, depending on the brand.
<b>Hib (Haemophilus influenzae type b)</b>	<b>Maybe.</b> Some adults with certain high-risk conditions. For example, adults with a lack of a functioning spleen need a Hib vaccine. Talk to your healthcare provider to find out if you need this vaccine.
<b>Measles, mumps, rubella (MMR)</b>	<b>Maybe.</b> You need at least 1 dose of MMR vaccine if you were born in 1957 or later. You may also need a second dose of the MMR vaccine, talk to your healthcare provider to determine if necessary. People with weakened immune systems should not get MMR vaccine.
<b>Meningococcal ACWY (MenACWY)</b>	<b>Maybe.</b> You may need MenACWY vaccine if you have one or several health conditions, such as not having a functioning spleen. You may need boosters if your risk is ongoing. You need MenACWY if you are age 21 or younger and a first-year college student living in a residence hall and you either have never been vaccinated or were vaccinated before age 16.
<b>Meningococcal B (MenB)</b>	<b>Maybe.</b> You may need MenB if you have one or several health conditions, such as not having a functioning spleen. You may need boosters if your risk is ongoing. You may also consider getting the MenB vaccine if you are age 23 or younger (even if you don't have a high-risk medical condition) after a discussion with your healthcare provider.



### Resources:

American Academy of Family Physicians:  
<https://bit.ly/47BzSot>

Your Vaccination Guide: <https://bit.ly/3UvcT71>

**Disclaimer:** We are frequently reviewing and updating this information to reflect the most current data available and provided by subject matter experts on the topic of immunization. Last reviewed August 2025