

Adult Vaccines

Information for Adults

Did you know that vaccines are the best way to protect yourself from certain preventable diseases?

Vaccines help your body create protective antibodies—proteins that help to fight off infections.

Immunizations are one the safest ways for you to protect your health and loved ones! Schedule an appointment with your doctor today to get vaccinated.



Adult vaccines you may need based on your age:



Pneumococcal disease
Pneumococcal vaccine

All adults 19 years or older should get one dose of the pneumococcal vaccine, how often depends on your health condition.



Tetanus and whooping cough
Td /Tdap vaccines

All adults 19 years or older should get Td and Tdap. One time, no matter when you got last tetanus (Td) or TD/Tdap every two years. Talk with your provider on which is the best option for your health.



Shingles
Zoster vaccines

Adults 50 years and older including adults who have had shingles and got the previous shingles vaccine. You should get two doses, 2 to 6 months apart.



Influenza (flu) vaccine

All Adults 19 years and older should get the flu vaccine every year during the flu season.



*Talk to your Primary Care Provider (PCP)
about which vaccines are right for you!*



MEMBER SERVICES

1-800-704-1484

TDD/TTY: 1-800-255-0056

Monday – Friday 7 a.m. – 7 p.m.

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