



# Vaccination Chart

Want to cherish every moment with your loved ones? One way to make that happen is by keeping up with your vaccinations. Vaccines aren't just about you they're about safeguarding your whole family from the hassles of certain diseases. This chart provides general recommendations and may vary based on

individual health factors and vaccination history. But remember, the best way to decide which ones are right for you is to chat with your healthcare provider. They'll help you tailor your vaccine plan based on your age, health, and lifestyle. Let's keep those family memories joyful and worry-free!

VACCINE	RECOMMENDED AGE	FREQUENCY	NOTES
Influenza (Flu) Vaccine	Annually	Annually	Recommended for all adults
Tdap Vaccine	Once if not previously vaccinated	Once if not previously vaccinated	Protects against tetanus, diphtheria, and pertussis
HPV Vaccine	Up to age 26 (up to age 45 in certain cases)	Series of 2 or 3 doses	Protects against human papillomavirus, recommended for certain age groups and individuals at increased risk
Shingles Vaccine	50 years and older (some may be recommended at 50)	Series of 2 doses	Protects against herpes zoster (shingles)
Pneumococcal	65 years and older, younger adults	As recommended with certain medical conditions	Protects against pneumococcal disease, including pneumonia and meningitis
Hepatitis A Vaccine	Individuals at increased risk, travelers to certain countries	Series of 2 doses	Protects against hepatitis A virus
Hepatitis B Vaccine	Individuals at increased risk, healthcare workers	Series of 3 doses	Protects against hepatitis B virus
MMR Vaccine	Adults born after 1957 who have not received 2 doses	Series of 2 doses	Protects against measles, mumps, and rubella
Varicella (Chickenpox) Vaccine	Adults without evidence of immunity	Series of 2 doses	Protects against chickenpox



**N.C. A&T**  
STATE UNIVERSITY

**COOPERATIVE  
EXTENSION**

The Extension Foundation, in cooperation with the Extension Committee on Organization and Policy, through an Interagency Agreement with the USDA National Institute of Food and Agriculture and the Centers for Disease Control and Prevention (CDC) are funding the Cooperative Extension System to address health disparities among rural and other underserved communities. This initiative is called the Extension Collaborative on Immunization Teaching & Engagement (EXCITE). North Carolina A&T State University is an equal opportunity provider.

**HEALTH CARE CLINIC**

**ADULT VACCINE CHART**