

ROUTINE VACCINES FOR ADULTS

Do Your Part: Get Vaccinated.

Getting vaccinated is an important part of keeping our community healthy. All adults need routine vaccines to protect themselves and those around them. Vaccines help preserve Native culture, traditions, knowledge, and sacred knowledge. Vaccines are recommended based on age, health condition, location, and lifestyle.



Talk to your health care provider about what vaccines are right for you!



You are up to date when you have completed a vaccine series and any recommended boosters if necessary.

Vaccines you may need based on your age:

VACCINE	HOW THE VACCINE PROTECTS YOU
INFLUENZA (Flu)	Influenza vaccines (often called “flu shots”) protect against the four most common influenza viruses, which can cause fever, cough, sore throat, runny/stuffy nose, muscle/body aches, headache and fatigue.
COVID-19	COVID-19 vaccines available in the United States are effective at protecting people from getting seriously ill, being hospitalized, and dying from the COVID-19 virus. You are protected best when you stay up to date with the recommended vaccines and boosters.
HUMAN PAPILLOMAVIRUS (HPV)	The HPV vaccine targets the HPV types that most commonly cause cervical cancer and can cause some cancers of the vulva, vagina, anus and throat. It also protects against the HPV types that cause most genital warts.
HEPATITIS A (HepA)	Hepatitis A vaccines can prevent Hepatitis A; a serious liver disease, usually spread through close, personal contact with an infected person or when a person unknowingly ingests the virus from objects, food, or drinks that are contaminated by small amounts of stool.
HEPATITIS B (HepB)	Hepatitis B vaccines can prevent hepatitis B; a liver disease that can cause mild illness lasting for weeks (acute hepatitis B), or it can lead to a serious, lifelong illness (chronic Hepatitis B).
SHINGLES (Zoster)	The Shingles vaccine (Zoster) provides strong protection against shingles and postherpetic neuralgia (PHN), the most common complication from shingles causing a painful rash on the face and/or body.

Vaccine Schedule for age 19 and older

Call your tribal clinic or health care provider to make sure you are up to date with the vaccines recommended for you.

VACCINE	19-26 YEARS	27-49 YEARS	50-64 years	≥65 years
INFLUENZA (Flu)	1 dose annually			
COVID-19	2- or 3- dose primary series and booster			
HUMAN PAPILLOMAVIRUS (HPV)	2 or 3 doses depending on age at initial vaccination or condition	27 through 45 years		
HEPATITIS A (HepA)	2, 3, or 4 doses depending on vaccine			
HEPATITIS B (HepB)	2, 3, or 4 doses depending on vaccine or condition			
SHINGLES (Zoster)			2 doses separated by 2 to 6 months	

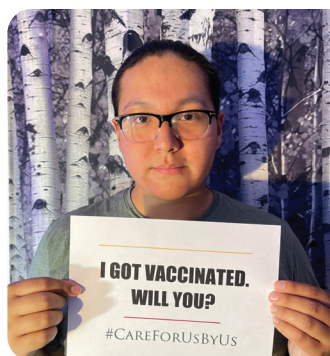
Recommended vaccination for adults who meet age requirement, lack documentation of vaccination, or lack evidence of past infection

Recommended vaccination for adults with an additional risk factor or another indication

Recommended vaccination based on shared clinical decision-making

No recommendation/ Not applicable

*Please visit cdc.gov/coronavirus for current recommendations



Adapted from CDC: cdc.gov/vaccines/schedules/hcp/imz/adult.html

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