

2026 recommended adult immunization schedule

Adults ages 19 years and older

Staying up to date on your vaccines is one of the best things you can do to protect your health.

Your family doctor is there to help you choose vaccines and can recommend the right dose(s) and timing for you and your family members.

If you have a medical condition that puts you at higher risk for infection or are pregnant, talk to your family doctor about vaccines you might need.

KEY



ALL adults in age group should get the vaccine



SOME adults in age group should get the vaccine



Adults should talk with their family doctor and decide whether the vaccine is right for them

VACCINE	19–26 YEARS	27–49 YEARS	50–64 YEARS	65–74 YEARS	75+ YEARS
COVID-19	Every year: 1 dose			Every year: 2 doses	
Influenza (Flu)	Every year				
RSV	If pregnant during RSV season	If unvaccinated and at increased risk of severe RSV disease			
Tdap/Td	Every 10 years. Every pregnancy.				
MMR	If 69 years or younger and no protection yet				
Varicella (Chickenpox)	If U.S. born, 46 years or younger and no protection yet		Recommended vaccination for adults with an additional risk factor or another indication		
Shingles					
HPV		27 through 45 years			
Pneumococcal					
Hepatitis A					
Hepatitis B	19 through 59 years				
Meningococcal	Talk with your family doctor about whether you should receive a vaccine.				
Hib					
Mpox					
Inactivated poliovirus (IPV)	If known or suspected to have no protection or incomplete protection				

How each vaccine protects the body

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VACCINE-PREVENTABLE DISEASE	DISEASE COMPLICATIONS
COVID-19 Contagious viral infection of the nose, throat or lungs; may feel like a cold or flu	Pneumonia; blood clots; liver, heart or kidney damage; long COVID; death
Influenza (Flu) Contagious viral infection of the nose, throat and sometimes lungs	Pneumonia, sinus infection, ear infection, worsening of underlying heart or lung conditions, death
RSV (Respiratory syncytial virus) Contagious viral infection of the nose, throat and sometimes lungs	Pneumonia, inflammation of the small airways in the lung
Tetanus (Lockjaw)* Infection caused by bacterial spores found in soil and dust everywhere. Spores enter the body through wounds or broken skin.	Sudden, involuntary muscle spasms; jaw cramping; seizures; broken bones; difficulty breathing; death
Diphtheria* Contagious bacterial infection of the nose and throat spread through air and direct contact	Thick, gray buildup in throat or nose that makes breathing and swallowing difficult; heart failure; brain injury; coma; death
Pertussis (Whooping cough)* Contagious bacterial infection of the lungs and airways	Severe coughing fits, life-threatening pause in breathing, pneumonia, death
Measles (Rubeola)† Contagious viral infection that causes high fever, cough, red eyes, runny nose and rash	Brain swelling, pneumonia, death
Mumps† Contagious viral infection that causes fever, tiredness, swollen cheeks and tender, swollen jaw	Brain infection, brain swelling, painful and swollen testicles or ovaries, deafness, death
Rubella (German measles)† Contagious viral infection that causes low-grade fever, sore throat and rash	Very dangerous in pregnant people; can cause miscarriage or stillbirth, premature delivery, severe birth defects
Chickenpox (Varicella) Contagious viral infection that causes fever, headache and an itchy, blistering rash	Infected sores, brain swelling, pneumonia, death
Shingles (Zoster) Caused by the chickenpox virus, which hides in the body and sometimes reactivates later in life	Severe blistering rash on one side of the face or body, long-term nerve pain, hearing damage, blindness, death
HPV (Human papillomavirus) Contagious viral infection spread by sexual contact; sometimes causes genital warts	Many types of cancer later in life, including cancers of the cervix, vagina, penis, anus and throat
Pneumococcal Any infection caused by pneumococcus bacteria, from ear and sinus infections to infection of the lungs or bloodstream	Depends on the part of the body infected, but can include pneumonia, blood poisoning, infection of the lining of the brain and spinal cord, death
Hepatitis A Contagious viral infection of the liver spread by contaminated food or drink or close contact with an infected person	Liver failure, yellow skin or eyes, stomach pain, vomiting, fever, diarrhea, fatigue, death
Hepatitis B Contagious viral infection of the liver spread through contact with infected body fluids such as blood or semen	Liver failure, yellow skin or eyes, stomach pain, vomiting, fever, diarrhea, fatigue, death
Meningococcal Contagious bacterial infection of the lining of the brain and spinal cord or the bloodstream	Fever, headache, stiff neck, light sensitivity, confusion, loss of arm or leg, deafness, seizures, death
Hib (Haemophilus influenzae type b) Contagious bacterial infection of the lungs, brain and spinal cord, or bloodstream	Brain damage, hearing loss, loss of arm or leg, death
Mpox Contagious viral infection spread through close skin-to-skin contact, including sexual contact; causes a painful rash, fever, headache, tiredness, cough, runny nose, sore throat	Infected sores, brain swelling, pneumonia, eye infection, blindness, blood poisoning, death
Polio Contagious viral infection of nerves and brain; spread through the mouth, air and direct contact	Paralysis, death

***Tdap** protects against tetanus, diphtheria and pertussis. **Td** protects against tetanus and diphtheria. **†MMR** protects against measles, mumps and rubella.

Last updated August 2026