

# Vaccinations and Preventive Screenings for Adults

## VACCINATIONS FOR ADULTS

Getting immunized is a lifelong, life-protecting job. Don't leave your healthcare provider's office without making sure you've had all the vaccinations you need.

Vaccine	19–39 Years	40–64 Years	65 Years & Older
<b>Hepatitis A</b>	All adults seeking protection from Hepatitis A, for those who have specific risk factor(s) for hepatitis A virus infection* themselves or who have close personal contact with persons that may carry this virus. The single-antigen vaccine is given as 2 doses spaced 6-18 months apart; the combined hepatitis A and B vaccine (Twinrix) is given as 3 doses over 6 months.		
<b>Hepatitis B</b>	All adults seeking protection from Hepatitis B, for those who have specific risk factor(s) for hepatitis B virus infection* themselves or who have close personal contact with persons that may carry the virus. The vaccine is given in a 3 doses over 6 months.		
<b>Herpes Zosters/ Shingles</b>		For individuals who are age 60 or older and have no risk factors*. One time dose, regardless of previous history of herpes zoster (shingles) or chickenpox.	
<b>Human Papillomavirus (HPV)</b>	Recommended for unvaccinated females through age 26: complete a 3-dose series of HPV2, HPV4, or HPV9. For unvaccinated males through age 21: complete a 3-dose series of HPV4 or HPV9. Males ages 22-26 years with specific risk factors* may be vaccinated.		
<b>Influenza</b>	Vaccination is recommended for all adults annually every fall or winter.		
<b>Measles, Mumps, Rubella (MMR)</b>	Persons born 1957 or later should have one dose of MMR vaccine. A second dose may be required in special circumstances*.		
<b>Meningococcal</b>	All individuals should receive 1 or more doses depending on their health status*. First –year college students up through age 21 who live in residence halls and have not been previously vaccinated or who received their 1st dose prior to age 16 years should be vaccinated. Young adults age 16 through 23 years may be vaccinated with a series of Meningococcal B vaccine to provide short-term protection.		
<b>Pneumococcal</b>	For individuals that smoke cigarettes or those having certain chronic medical conditions*. For those at risk of losing immunity* a 2nd vaccination should be received 5 years after the 1st vaccination.		At age 65 (or older) for individuals never vaccinated. Receive 2nd vaccination if first vaccination received more than 5 years ago and before the age of 65 or if individual has a higher risk.*
<b>Tetanus, Diphtheria, Pertussis (Whooping Cough) (Td, Tdap)</b>	All adults should receive Tdap vaccine (adult whooping cough vaccine) and women should receive a dose during each pregnancy (preferably during 27-36 weeks gestation). After that, a Td booster is recommended every 10 years. Adults with an unknown or incomplete history of completing a 3-dose series should begin and complete the series. Consult your healthcare provider if you haven't had at least 3 tetanus and diphtheria-containing shots at sometime in your life.		
<b>Varicella (Chickenpox)</b>	For all adults without evidence of immunity (never had the Chickenpox): give 2 doses of Varicella vaccine.		

\*Consult your healthcare provider to determine your level of risk for infection and your need for this vaccine.

Adapted from the Immunization Action Coalition: Vaccinations for Adults ([www.immunize.org](http://www.immunize.org)), Recommended Adult Immunization schedule ([www.health.state.mn.us](http://www.health.state.mn.us)), the Centers for Disease Control and Prevention ([CDC.gov](http://CDC.gov)), and the Institute for Clinical Systems Improvement ([ICSI.org](http://ICSI.org)).

### Do you travel outside the United States?

If so, you may need additional vaccines. The Centers for Disease Control and Prevention (CDC) provides information to assist travelers and their healthcare providers in deciding the vaccines, medications, and other measures necessary to prevent illness and injury during international travel. Visit the CDC website at [www.cdc.gov/travel](http://www.cdc.gov/travel) for more information. You may also consult your healthcare provider.

## RECOMMENDED ADULT PREVENTIVE SCREENINGS\*

Level I Services	19-39 Years	40-64 Years	65 Years & Older
<b>Alcohol abuse/misuse,</b> hazardous and harmful drinking screening	Identify those with risky or hazardous drinking, as well as those who have carried that behavior to the point of meeting criteria for dependence, and then provide brief intervention and brief counseling.		
<b>Aspirin</b> for the prevention of cardiovascular disease.		Encourage for men age 45-79 years and women age 55-79 years when the potential benefit of a reduction in myocardial infarction outweighs the potential harm of an increase in gastrointestinal hemorrhage.	
<b>Breast Cancer Screening</b>	The decision to start regular mammograms before age 50 should be discussed with your doctor. Against teaching breast self-examination (BSE).	Mammogram every one to two years for women ages 50 to 75 years.	
<b>Cervical Cancer Screening</b>	No screening before age 21 regardless of age of onset of sexual activity. Screening for cervical cancer in women ages 21-65 every three years with cytology. For women ages 30-65 who want to lengthen the screening interval, screening with a combination of cytology and HPV testing every 5 years.		Against screening in women older than 65 years who have had adequate prior screening and are not at high risk for cervical cancer.
<b>Chlamydia Screening</b>	Screen all sexually active women (pregnant or not) age 24 years and younger and in older women who are at increased risk. Against routinely screening women age 25 and older if they are not at increased risk.		
<b>Colorectal Cancer Screening</b>		Screening using fecal occult blood testing, sigmoidoscopy or colonoscopy in adults beginning at age 50 and continuing until age 75. Against routine screening for colorectal cancer in adults ages 76 or older.	
<b>Hypertension Screening</b>	Screenings for high blood pressure in adults age 18 years and older every two years if less than 120/80; every year if 120-139/80-89.		
<b>Influenza Immunizations</b>	Annually during flu season for all individuals.		
<b>Lipid Screening</b>	Lipid screening for men age 35 years and older. Screening for men ages 20 to 35 and women age 45 years and older if they are at increased risk for coronary heart disease. No recommendation for or against routine screening for lipid disorders in men ages 20 to 35 years or women age 20 years and older who are not at increased risk for coronary heart disease.		
<b>Pneumococcal Immunization</b>	Immunize high-risk groups once. Reimmunize those at risk of losing immunity once after five years.	Immunize at age 65 if not done previously. Reimmunize once if first received more than five years ago and before age 65, or an immunocompromising condition is present.	
<b>Tobacco Use</b>	Establish tobacco use status for all patients and reassess at every opportunity. Provide brief intervention.		

\* This is a listing of recommended Level I Preventive Screenings but does not necessarily indicate that all services are covered by your benefit plan.

Adapted from the Institute for Clinical Systems Improvement; [www.icsi.org](http://www.icsi.org). Consult your primary care provider for direction on specific recommended preventive screenings including hearing and vision screenings.