Adult Vaccinations Checklist

CDC-Recommended Adult Vaccinations
Discuss the benefits of vaccinations recommended by the Centers for Disease Control (CDC) with your doctor or health care provider.* Find out which vaccinations are right for you and how often you should receive them.

☐ Influenza (Flu)
Discussed with doctor/health care provider. If needed, date vaccination was received ___________

☐ Tetanus, Diphtheria, Pertussis (Tdap)
Discussed with doctor/health care provider. If needed, date vaccination was received ___________

☐ Zoster (Shingles)
Discussed with doctor/health care provider. If needed, date vaccination was received ___________

☐ Meningococcal
Discussed with doctor/health care provider. If needed, date vaccination was received ___________

☐ Varicella (Chickenpox)
Discussed with doctor/health care provider. If needed, date vaccination was received ___________

☐ Pneumococcal
Discussed with doctor/health care provider. If needed, date vaccination was received ___________

☐ Measles, Mumps, Rubella (MMR)
Discussed with doctor/health care provider. If needed, date vaccination was received ___________

☐ Hepatitis A and/or Hepatitis B
Discussed with doctor/health care provider. If needed, date vaccination was received ___________

For more information visit the CDC adult immunization schedule page at http://www.cdc.gov/vaccines/schedules/easy-to-read/adult.html.

*According to the CDC, the specific vaccinations adults need are determined by factors such as age, lifestyle, high-risk conditions, type and locations of travel and previous vaccinations. Throughout your adult life, it’s important to talk with your doctor or healthcare provider about how to protect yourself from: influenza; tetanus (lockjaw), diphtheria (upper respiratory tract infection), pertussis (whooping cough); pneumococcus; meningococcal disease; zoster (shingles); measles, mumps, rubella (German measles); human papillomavirus (HPV); hepatitis A, hepatitis B; varicella (chickenpox).

Sources:
• Centers for Disease Control and Prevention. Recommended adult immunization schedule—United States, 2012. MMWR 2012;61(4)
• Centers for Disease Control and Prevention, AARP, American Medical Association. Promoting Preventive Services for Adults 50-64: Community and Clinical Partnerships. Atlanta, GA: National Association of Chronic Disease Directors; 2009.
• Centers for Disease Control and Prevention website: http://www.cdc.gov/vaccines/recs/schedules/adult-schedule.htm