

Adult Vaccination Schedule by Age & Risk

Vaccine	Age Range	Schedule / Notes	High-Risk Groups
Influenza (Flu)	All adults (≥18)	Yearly, ideally before flu season	Chronic illness, elderly, preganant woman
Td / Tdap	All adults	Tdap once, then Td every 10 years	Pregnant women (each pregnancy)
COVID-19	All adults	As per current guidelines/boosters	Immunocompromised, elderly
MMR (Measles-Mumps-Rubella)	≤50 if not immune	1–2 doses if no evidence of immunity	HCWs, travelers
Varicella (Chickenpox)	≤50 if not immune	2 doses, 4–8 weeks apart	HCWs, teachers,
HPV (Human Papillomavirus)	18–26 (up to 45)	2–3 doses depending on age at start	Both sexes; ideally before sexual debut
Hepatitis B	All ages (if not immune)	3-dose series (0, 1, 6 months)	HCWs, liver/kidney disease, MSM, diabetics
Hepatitis A	Adults at risk Travelers to endemic areas	2 doses (6–12 months apart)	Travelers, MSM, liver disease
Pneumococcal (PCV15/20 + PPSV23)	≥65 or at risk	Single or combination schedule	Chronic illness, smokers, elderly
Zoster (Shingles)	≥50 years	2 doses (Shingrix, 2–6 months apart)	All adults 50+, immunocompromised
Meningococcal (ACWY & B)	At-risk adults	Schedule varies by vaccine	Asplenia, college students, military
Typhoid	Travelers only	Oral (every 5 yrs) or injectable (every 2 yrs)	Travel to endemic areas
Rabies	Specific exposure risk	Pre- or post-exposure series	Animal workers, travelers, post-bite
Japanese Encephalitis	Travelers to Asia	2 doses, 28 days apart	Long-term travelers, rural areas
Yellow Fever	Travelers to endemic areas	Single dose (lifetime validity)	Proof often required for entry

Special Considerations			
Condition	Vaccines to Prioritize		
Pregnancy	Tdap (3rd trimester), Influenza, COVID-19		
Diabetes / Heart Disease	Influenza, Pneumococcal, Hep B		
Chronic liver / kidney disease	Hep A, Hep B, Influenza, Pneumococcal		
Immunocompromised	COVID-19, Shingles (non-live), Pneumococcal		
Travelers	Hep A/B, Typhoid, Yellow Fever, etc.		
Routine Vaccines Summary by Age			
Age Group	Key Vaccines		
18–26	Tdap, HPV (if not completed), MMR, Varicella, COVID-19, Influenza		
27–49	Td/Tdap, COVID-19, Influenza, catch-up (MMR, Varicella), HPV (up to 45)		
50–64	All above + Shingles, Pneumococcal (if comorbidities)		
≥65	Influenza, Pneumococcal, Shingles, COVID-19, Td booster		