

Many adults don't know they need vaccines to protect against serious, but preventable diseases.

These factors determine which vaccines you need:

HEALTH CONDITIONS

Lifestyle

Age and Job

If you are 50 or older, ask your doctor about these vaccines:

- COVID-19
- Flu (Influenza)
- Pneumococcal
- Respiratory Syncytial Virus (RSV)
- Shingles (Zoster)
- Tetanus, Diphtheria, and Whooping Cough (Pertussis)



Where can I get vaccines?

- Your doctor's office
- Your local pharmacy: [vaccines.gov](https://www.vaccines.gov)
- Use [vaccinefinder.org](https://www.vaccinefinder.org)
- Some local health departments: doh.wa.gov/localhealth

To find a place where you can get vaccines, visit the Watch Me Grow WA Hotline at helpmegrowwa.org/hotline or call **1-800-322-2588**.

Where can I get more information?

Check out these organizations:

- Washington State Department of Health: doh.wa.gov/Immunization or call at 1-866-397-0337
- Vaccinate Your Family: vaccinateyourfamily.org/adults
- National Foundation for Infectious Diseases: nfid.org/immunization
- Immunize.org: VaccineInformation.org/adults



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To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email doh.information@doh.wa.gov.

ARE YOU
50
OR OLDER?

Get Vaccinated!

Protect yourself. Protect your family.



doh.wa.gov/Immunization

If you are 50 or older, ask your doctor about these vaccinations.



COVID-19 Vaccine

All adults need one or more doses of the updated COVID-19 vaccine.

- People who are immunocompromised or 65 years old and older should receive two doses of any updated COVID-19 vaccine 6 months apart.

Flu (Influenza) Vaccine

Everyone 6 months or older should get a flu vaccine each year.

- Adults 65 and older should make sure they receive a high-dose or adjuvanted version of the flu shot. These flu vaccines give a stronger immune response than regular flu shots.
- Certain health conditions put you at higher risk for serious illness from flu including asthma, chronic lung disease, heart disease, diabetes, and having a weakened immune system.

Pneumococcal Vaccines

All adults 50 years or older should be up to date with pneumococcal vaccination.

- Pneumococcal vaccines are recommended for:
 - All adults 50 years or older.
 - Adults 19-49 with certain medical conditions including alcoholism, diabetes, a weak immune system, having a cochlear implant, cigarette smoking, chronic lung, heart, kidney, or liver disease.

RSV (Respiratory Syncytial Virus) Vaccine

Adults 50 and over may need a single dose of RSV vaccine.

- RSV vaccine is recommended for:
 - All adults 75 years and older.
 - Adults 50-74 who are at high risk for severe illness including those with weak immune systems, chronic medical conditions, or who live in nursing homes.

Shingles (Zoster) Vaccine

All adults 50 years or older need the shingles vaccine.

- Shingles is caused by the same virus that causes chickenpox. Anyone who has had chickenpox may develop shingles. The risk of shingles increases as you get older.
- Even if you have already had shingles, you should get the shingles vaccine to reduce your risk of future attacks. You can get shingles more than once.

Tetanus and Diphtheria (Td) and Tetanus, Diphtheria, and Pertussis (Tdap) Vaccines

Once an adult has received a dose of Tdap, they can get either Td or Tdap for their booster doses.

- Adults need a Td booster every 10 years to maintain protection against tetanus and diphtheria. Health care providers can give either Td or Tdap for this booster.
- If you will be in contact with or caring for a baby, you will need to be up to date with Tdap vaccination. Babies younger than 1 year old are at greatest risk for getting pertussis and having severe complications from it.



Traveling Soon?

Talk to your doctor or pharmacist to find out what vaccines you need for your destination. Find more information at:

doh.wa.gov/immunization-travelers

Take a quiz and get travel recommendations based on your age and destination at:

gten.travel/trhip/trhip