

Vaccination is a simple, safe, and effective way of protecting against harmful diseases before they affect you. It helps body's natural defences to build resistance to specific infections and strengthens your immune system.


Most people think vaccines are only for newborns and young children. However, immunisation is important at every stage of life. Adults and seniors all require certain vaccines to maintain strong immunity against potentially deadly illnesses. Some vaccines are administered annually, monthly, or once in a lifetime. Several vaccines are given at a specific time of the year.

Vaccines can help protect from:

- **Flu:** Causes fever, chills, sore throat, and body aches.
- **Shingles:** A painful nerve infection with rash, blisters, and itching.
- **Whooping cough** Leads to severe, uncontrollable coughing fits.
- **Pneumococcal disease** can cause pneumonia and other serious infections.
- **COVID-19:** A respiratory illness with symptoms like fever, cough, and shortness of breath.



Most importantly, vaccines **boost your overall immunity**, helping your body fight off infections and reducing the risk of severe complications.

Why Adults Need Vaccinations:



Why Adults need Regular Vaccination

- Immunity decreases with age, increasing vulnerability
- Increasing infections, diseases & pathogens
- Prevent complications after illness
- New vaccines for preventing diseases
- Protecting from region-specific diseases

Vaccines for adults are recommended based on their age, medical condition, lifestyle, and prior vaccinations.

List of Vaccines Recommended for Adults

Disease	Vaccine	Schedule/ Age	Validity
Influenza	Influvac Tetra	1 dose annually	1 year
Pneumonia	Pneumovax 23 PCV 23	2 doses 1 dose at 65 years of age. 2nd dose after 5 years of 1st dose	5 years
Herpes Zoster/ Shingles	Shingrix	Two doses. Second dose 2-6 months after first dose (after 50 years of age)	10 years
Tetanus, Diphtheria, Pertussis	Tdap	Once in 10 years	10 years
Typhoid	Conjugated vaccine Enteroshield or Tybar TCV	1 dose. Once every 3 years	3 years
Cervical cancer females	HPV	3 doses 0, 1 and 6 months apart (15 – 45 years)	Lifetime
Hepatitis A Hepatitis B	Hep A Hep B	Strictly on doctor's advice A 2-dose regimen (from 19 - 65 years of age and above) B 3 doses (from 19-65 years of age and above)	Lifetime Lifetime
Chickenpox	Varicella	2 doses for (19 years and older) 4-8 weeks apart	Lifetime
MMR	Measles, Mumps, Rubella (MMR)	1 or 2 doses 4 weeks apart (19–59 years)	Lifetime

Check with your doctor for the right vaccine appropriate for you. Get vaccinated at a reputable hospital.

To know more:

- [Importance of Vaccines for Infants and Children](#)