



Your Best Shot at Staying Healthy:

Essential Immunizations for Adults

The NJ Department of Health reports that over 40,000 adults die each year from diseases for which an immunization is available. Take a look at the following immunizations and make sure every member of your family gets all needed immunizations.

Immunization Schedule:

- 19-49 years: Td (Tetanus booster, once every 10 years), Influenza annually, A Tdap booster is recommended once in place of a Td booster for 19-64 year olds, 2 doses of HPV up to age 45.
- 50-64 years: Td (once every 10 years), Influenza annually, Shingles (Shingrex) vaccine should be given to age 50 and older in two doses. The following are for at-risk individuals: Hepatitis A (Hep A), Hepatitis B (Hep B), Pneumococcal (PPSV), and Prevnar (PCV13).
- 65 + years: Td (once every 10 years), Influenza annually, One dose of Pneumococcal (PPSV) and Prevnar (PCV 13) if didn't receive already as at-risk. Hepatitis A (Hep A), Hepatitis B (Hep B) if at-risk.

For more information about the importance of immunizations and/or to make an appointment in Northfield or Hammonton, contact the Atlantic County Division of Public Health at 609-645-7700, ext. 4500.