



Stay Protected. Stay on Track.

For your 20s, 30s, and 40s—vaccines protect you, too!

Are you up to date on your vaccines?

If you're under age 50, vaccines still play a key role in protecting your health—at work, at home, and on the go.

Why It Matters

- You can still get and spread serious diseases like flu, COVID-19, and whooping cough (pertussis).
- For certain childhood vaccines and seasonal vaccines, protection can wear off over time.
- Staying up to date helps protect you, your family, coworkers, and community.

Vaccines You May Need*

- ✓ **Flu:** Every year
- ✓ **COVID-19:** Updated doses as recommended
- ✓ **Tdap:** Tetanus, diphtheria, whooping cough booster dose every 10 years
- ✓ **HPV:** Through age 26, or up to age 45 in some cases
- ✓ **Hepatitis B:** Recommended for all adults under age 60

**If you are pregnant, have a health condition, or have questions, discuss vaccines with your healthcare professional.*

Common Questions

Q: "I'm healthy. Why do I need vaccines?"

A: Even healthy adults can get seriously sick.

Q: "Aren't vaccines just for kids?"

A: Adults of all ages need boosters and new vaccines too.

Easy. Safe. Affordable.

- Getting vaccinated is quick—usually about 5 minutes.
- Vaccines are available at doctors' offices, pharmacies, and clinics.
- Most vaccines are covered by insurance.
- Vaccines are your best protection against serious illness.

Talk to your healthcare professional or pharmacist today.

**Stay healthy.
Stay protected.
Stay up to date.**

Learn more at
health.ri.gov/adult-vaccines



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