



MACOMB COUNTY

COMMUNITY MENTAL HEALTH

Promoting Awareness of Immunizations for the 2026 Cycle

Summary

This MCCMH optional handout is related to the most popular immunizations recommended by the Centers for Disease Control and Prevention (CDC). This is based on the CDC recommendations for the 2026-year cycle (As of July 7, 2026) for adults, those 19 years of age and older. This education is to inform individuals and their guardians of the importance of immunizations.

A health care provider should advise and determine what each person would need based upon a person's medical history and allergy profile. For information regarding children or those that have a compromised immune systems, the person's primary healthcare provider should be consulted.

COVID-19 Vaccine:

COVID-19 is a viral infection of the nose, throat or lungs that may feel like a cold. COVID-19 can cause Pneumonia, blood clots, organ damage or death. Vaccine recommendations are based on age, time since last dose, and in some cases, the first vaccine received. People who receive this vaccination have a lower risk of severe illness, hospitalization, and death from COVID-19 than individuals who are unvaccinated. Receiving doses recommended by the CDC can help add protection that decreases over time.

CDC Recommendations:

- COVID-19 vaccination is recommended for everyone ages 6 months and older in the United States for the prevention of COVID-19.

- People ages 5–64 years: Should receive 1 dose of an age-appropriate 2025–2026 COVID-19 vaccine.
- People ages 65 years and older: Should receive 2 doses of any 2025–2026 COVID-19 vaccine, spaced 6 months (minimum interval 2 months) apart.

For more information, please refer to:

<https://www.cdc.gov/vaccines/covid-19/index.html>

Influenza (Flu) Vaccine:

Flu is a contagious disease that spreads around the United States every year, usually between October and May. Anyone can get the flu, but it is more dangerous for very young children, people 65 years of age and older, pregnant women, and people with certain health conditions. Flu can infect the airway, and can cause death in people with certain health conditions.

CDC Recommendations:

- Routine flu shots are recommended for all individuals older than 6 months of age who do not have contraindications, once each year.

For more information, please refer to:

<https://www.cdc.gov/flu/vaccines/keyfacts.html>

Respiratory syncytial virus (RSV) Vaccine:

RSV is a contagious viral infection of the nose, throat, and sometimes lungs. It can be dangerous to very young children and older adults.

CDC Recommendations:

- Pregnant women should get a single dose of the maternal RSV vaccine (Pfizer’s Abrysvo) during weeks 32 through 36 of pregnancy to protect their baby from severe RSV disease.
- CDC recommends a single dose of any FDA-licensed RSV vaccine for all adults ages 75 and older and adults ages 60–74 at increased risk of

severe RSV. Adults who have already received one dose (including last year) should not receive another dose at this time.

For more information, please refer to:

<https://www.cdc.gov/rsv/hcp/vaccine-clinical-guidance/index.html>

Td/Tdap Vaccines:

This vaccine is useful in preventing tetanus and Diphtheria, or tetanus, diphtheria, and pertussis. Tetanus is caused by bacteria that are found in soil and dust. Tetanus can cause muscle spasms, jaw cramping, seizures and difficulty breathing. Diphtheria is an illness caused by toxin from a bacteria that can infect the nose, throat or skin of a person. Diphtheria can cause breathing difficulty, heart failure or brain injury. Pertussis is also known as “whooping cough” and can pause or stop breathing.

CDC Recommendations:

- Women of Childbearing age, 1 dose Tdap each pregnancy.
- All adults should get a booster every 10 years.

For more information, please refer to:

<https://www.cdc.gov/vaccines/hcp/current-vis/tdap.html>

Measles, Mumps, Rubella:

This vaccine is known as MMR and is used to protect you from measles, mumps, and rubella, potentially serious diseases caused by viruses. Most individuals have had the recommended doses as children but All adults who do not have evidence of immunity should be protected against measles, mumps, and rubella with at least 1 dose of MMR vaccine.

CDC Recommendations:

- If there is no evidence of immunity to measles, mumps, or rubella: 1 dose

- Students in postsecondary educational institutions, international travelers, and household or close, personal contacts of immunocompromised persons with no evidence of immunity to measles, mumps, or rubella: complete 2-dose series at least 4 weeks apart

<https://www.cdc.gov/measles/vaccines/index.html>

Shingles:

Shingles is a rash caused by a virus. This rash is often painful. Serious cases can cause long-lasting pain and other health issues. People at risk for shingles have had a previous chickenpox infection.

CDC Recommendations:

- CDC recommends 2 doses of Shingrix separated by 2–6 months for immunocompetent adults aged 50 years and older.

For more information, please refer to:

<https://www.cdc.gov/shingles/about/index.html>

Pneumococcal Vaccine:

Pneumococcal disease is an infection caused by bacteria, sometimes referred to as pneumococcus. These bacteria can affect the lungs and a person's breathing. Serious infections in someone with additional health risks can lead to death.

CDC Recommendations:

- CDC recommends pneumococcal vaccination for children younger than 5 years and adults 65 years or older.
- Adults should receive 1 or 2 doses depending on the vaccine received.
- Individuals with following risk conditions should speak with their healthcare provider regarding vaccination:
 - Cerebrospinal fluid leak
 - Chronic liver disease

- Cochlear implant
- Diabetes mellitus
- Congenital or acquired asplenia, or splenic dysfunction
- Congenital or acquired immunodeficiency
- Diseases or conditions treated with immunosuppressive drugs or radiation therapy
- HIV infection
- Sickle cell disease or other hemoglobinopathy
- Alcohol use disorder
- Cigarette smoking
- Chronic Heart Disease
- Chronic Lung Disease
- Renal Failure or nephrotic syndrome

For more information, please refer to:

<https://www.cdc.gov/pneumococcal/vaccines/index.html>

Human papillomavirus (HPV) Vaccine:

This is a virus that is spread by sexual contact. This virus can cause warts or cancers in the reproductive organs, mouth, or anus.

CDC Recommendations:

- Vaccination for ages 11 through 26.
- Vaccination for some adults 27 through 45 years should be at a healthcare providers suggestion.

For more information, please refer to:

<https://www.cdc.gov/vaccines/vpd/hpv/hcp/index.html>

Hepatitis B Vaccine:

This is a contagious virus that affects the liver. This can be spread through contact with blood or body fluids. The virus can cause liver failure and possibly death.

CDC Recommendations:

- All adults 19-59 receive the Hepatitis B series of vaccines.
- Those that are 60 or older and have additional risk factors listed below should speak with a healthcare provider:
 - People with a history of sexually transmitted infections or multiple sex partners.
 - People with history of past or current HCV infection.
 - People incarcerated or formerly incarcerated in a jail, prison, or other detention setting.
 - People born in regions with HBV infection prevalence of 2% or more.
 - US-born people not vaccinated as infants whose parents were born in geographic regions with HBsAg prevalence of 8% or more.
 - People who have a history of injection drug use.
 - People with human immunodeficiency virus (HIV) infection.
 - Men who have sex with men.
 - Household contacts of people with known HBV infection.
 - People on maintenance dialysis, including in-center or home hemodialysis and peritoneal dialysis.
 - People with elevated liver enzymes

For more information related to Hepatitis B vaccine, please refer to:

<https://www.cdc.gov/hepatitis-b/about/index.html>

For Additional Vaccines please see the graph below and visit the CDC Website:

<https://www.cdc.gov/vaccines/imz-schedules/adult-easyread.html>

You need vaccines throughout your life!

2025 Recommended Immunizations for Adults Aged 19 Years and Older

Want to learn more?
Scan this QR code to find out which
vaccines you may need. Or visit:
www2.cdc.gov/nip/adultimmsched/



Staying **up to date** on your vaccines is one of the best things you can do to protect your health.

If you are pregnant or have a medical condition that puts you at higher risk for infections, talk to your health care provider about which vaccines are right for you.

KEY

- ALL adults in age group should get the vaccine.
- SOME adults in age group should get the vaccine.
- Adults should talk to their health care provider to decide if this vaccine is right for them.

VACCINE	19–26 YEARS	27–49 YEARS	50–64 YEARS	65+ YEARS
COVID-19	Aged 64 and younger: At least 1 dose of the current COVID-19 vaccine.			65+: At least 2 doses.
Influenza/Flu	Every Year			
RSV	If pregnant during RSV season		If aged 60 through 74 years	If aged 75 years or older
Tdap/Td	Tdap every pregnancy. Td/Tdap every 10 years for all adults.			
MMR	If aged 68 years or younger			
Chickenpox	If U.S. born and aged 45 years or younger			
Shingles				
HPV		Aged 27–45 years		
Pneumococcal				
Hepatitis A				
Hepatitis B	Through 59 years			
Meningococcal				
Hib				
Mpox				



FOR MORE INFORMATION
Call toll-free: 1-800-CDC-INFO (1-800-232-4636)
Or visit: www2.cdc.gov/nip/adultimmsched/

