

THE FACTS

ABOUT ADULT VACCINATION



Your doctor is recommending vaccination—now what?

This guide provides the information you need to feel confident and informed about your decision to get vaccinated.

START WITH THE FACTS

Why is vaccination important for me and my family?

The fact is,

adults can have a higher chance of getting sick or having serious health problems from certain diseases because of increasing age and various health conditions, or a weakened immune system.

That's why vaccines are important.

By getting vaccinated, you can:



Help protect yourself from getting sick from certain vaccine-preventable diseases



Help avoid missing work or important events due to illness caused by vaccine-preventable diseases

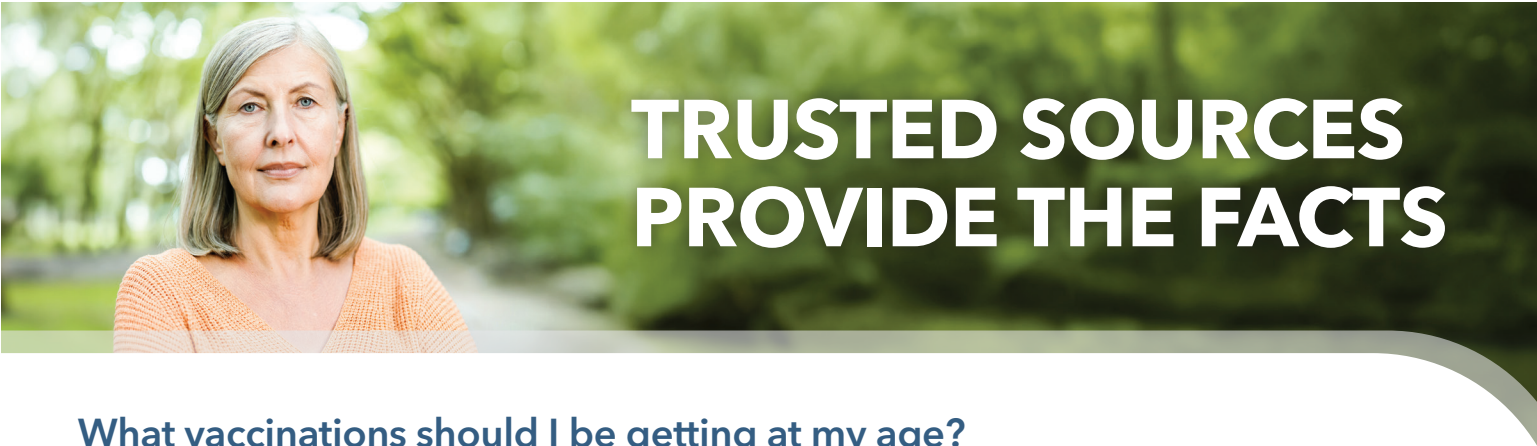


Vaccines help prevent 4-5 million deaths globally each year

Could there be side effects from getting vaccinated?

The fact is,

any vaccine can cause side effects, such as a sore arm, low-grade fever, and pain at the injection site. Common side effects tend to be minor and go away within a few days. In rare cases, side effects can be serious, such as severe allergic reactions. Your doctor can share safety information with you.



What vaccinations should I be getting at my age?

The fact is,

your doctor recommends vaccines for adults (19 years of age or older) based on your age, health, and other risk factors. **Below is a partial list of common routine adult vaccines recommended by age in the Centers for Disease Control and Prevention (CDC) immunization schedule*:**

VACCINE	AGE (YEARS)	SCHEDULE
Shingles	≥50	2 doses
RSV (respiratory syncytial virus)	50-74 at increased risk for severe RSV and all adults ≥75	1 dose
Tdap (tetanus, diphtheria, acellular pertussis [whooping cough])	≥19	1 dose Tdap, then Td or Tdap booster every 10 years
HepB (Hepatitis B)	All adults 19-59 years of age, and adults 60 and older with risk factors	2, 3, or 4 doses depending on vaccine
COVID-19		Talk to your doctor or pharmacist
Pneumococcal	≥50	1 or 2 doses depending on vaccine or vaccination history
Influenza	≥19	1 dose annually

*This list is not exhaustive. Please visit the CDC Adult Immunization Schedule for eligibility and additional details, including special situations: <https://www.cdc.gov/vaccines/hcp/imz-schedules/adult-age.html>

Where can I go for vaccine information?

Along with your doctor or pharmacist, these groups of experts support recommendations and provide helpful information:

- American Association of Clinical Endocrinology (AACE)
- Asthma and Allergy Foundation of America (AAFA)
- American Academy of Family Physicians (AAFP)
- American Academy of Pediatrics (AAP)
- American Diabetes Association (ADA)
- American Medical Association (AMA)
- American Pharmacists Association (APhA)
- Centers for Disease Control and Prevention (CDC)
- Global Initiative for Chronic Obstructive Lung Disease (GOLD)
- Infectious Diseases Society of America (IDSA)



TRUSTED SOURCES PROVIDE THE FACTS

How are vaccines created?

The fact is,

every vaccine goes through years of research and testing before it's approved by the Food and Drug Administration (FDA). This process includes:



Clinical studies with thousands of people



Strict safety standards set up by the FDA



Ongoing vaccine monitoring by the FDA, CDC, and other medical experts

Are ingredients in vaccines safe?

The fact is,

all of the ingredients in vaccines are rigorously tested and regulated by the FDA as part of the vaccine approval process. Vaccine manufacturers are required to publicly provide all of the ingredients in their vaccines in the Prescribing Information. If you're concerned about vaccine ingredients, discuss with your healthcare provider.

How are vaccines tested and approved before they're available to me?

Approval and monitoring steps for vaccines*



Vaccine exploration and laboratory research often take

10-15 YEARS

before vaccines are tested in humans



Clinical trials to make sure vaccines are safe and effective in humans usually take

4-10 YEARS BEFORE APPROVAL



Following approval, vaccine use is continuously monitored for safety by the FDA and the CDC

*Timing may be different based on public health factors.



ACT ON THE FACTS

Do I have to pay for my vaccines?

The fact is,

coverage for most adult vaccines is available to you under **private insurance, Medicare, or Medicaid**

Private insurance

All Health Insurance Marketplace plans and most other private insurance plans must cover certain vaccines without charging a co-payment or co-insurance when provided by an in-network provider.*

*Coverage and out-of-pocket costs are made by individual insurance plans and may be subject to change.

Medicaid

Medicaid covers all vaccines approved by the FDA that are given according to CDC recommendations.

Medicare Part B

Medicare Part B covers COVID-19, flu, hepatitis B, and pneumococcal vaccines. Vaccines for treatment of an injury or direct exposure to a disease or condition, such as rabies or tetanus, are also covered.

Medicare Part D

Medicare Part D covers all vaccines approved by the FDA that are not covered by Medicare Part B, including RSV and shingles.

So, what do I do next?

The fact is,

when you're ready, scheduling vaccination is easy.



Your Doctor's Office

Ask your doctor about which vaccines are right for you and to help schedule them

Or



Your Local Pharmacy

Ask your pharmacist about which vaccines are right for you and to help schedule them

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