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Immunization Roadmap: Child and Adult Vaccination Schedules

Vaccines are the foundation of preventive medicine, training your immune system to fight off dangerous infections before they can take hold. To help you track what you and your family need, this comprehensive guide outlines the routine immunization timelines from infancy through older adulthood.

Childhood and Adolescent Immunization Schedule (Birth to Age 18)

Childhood vaccines are carefully timed to build immunity when a child's developing immune system is most vulnerable to severe complications.

Infancy and Toddler Years (Birth to 15 Months)

- **At Birth: Hepatitis B (HepB)** — Your baby's very first line of defense against liver infection.
- **2, 4, and 6 Months:** A series of core vaccines are given to protect against multiple severe illnesses:
 - **RV (Rotavirus oral vaccine)**
 - **DTaP (Diphtheria, Tetanus, and acellular Pertussis/Whooping Cough)**
 - **Hib (Hemophilus influenzae type b)**
 - **PCV (Pneumococcal conjugate vaccine)**
 - **IPV (Inactivated Poliovirus)**
- **6 Months and Older:** Influenza (Flu) and COVID-19 vaccines are recommended annually.
- **12 to 15 Months: Booster and primary doses for:**
 - **MMR (Measles, Mumps, and Rubella)**
 - **Varicella (Chickenpox)**
 - **HepA (Hepatitis A)**

Early Childhood (Ages 4 to 6)

Before starting kindergarten, children require booster doses to solidify long-term immunity:

- **DTaP, IPV, MMR, and Varicella boosters.**

Pre-Teens and Adolescents (Ages 11 to 12)

- **Tdap Booster:** Protects against tetanus, diphtheria, and pertussis.
- **HPV Vaccine:** Protects against cancers caused by the Human Papillomavirus. It is highly effective when given as a 2-dose series at this age.
- **MenACWY:** Protects against bacterial meningococcal meningitis (a second booster is given at age 16).

Adult Immunization Schedule (Ages 19 and Older)

Immunity from certain childhood vaccines can fade over time, and adults face different infectious risks as they age.

Every Year (All Adults)

- **Influenza (Flu):** An annual dose tailored to the current seasonal strains.
- **COVID-19:** Updated seasonal doses as recommended by public health guidelines.

Every 10 Years

- **Td or Tdap Booster:** A regular tetanus and diphtheria booster. At least one of these adult boosters should be a Tdap to maintain protection against pertussis (whooping cough).

Specific Adult Milestone Vaccines

As we age, our immune systems naturally weaken, making certain targeted vaccinations essential:

- **During Pregnancy:** Expectant mothers should receive a Tdap dose during weeks 27–36 of *every* pregnancy to pass temporary whooping cough antibodies directly to the newborn. Maternal RSV vaccination may also be recommended to protect the infant.
- **Ages 50 and Older:** Shingrix (Shingles Vaccine). A highly effective 2-dose series to prevent shingles and its painful nerve complications, regardless of whether you had chickenpox as a child.
- **Ages 60 to 65 and Older:** RSV Vaccine: Recommended based on shared clinical decision-making with your provider to prevent severe respiratory illness.
 - **Pneumococcal Vaccine:** Protects against bacterial pneumonia, meningitis, and bloodstream infections. Modern recommendations usually involve a single dose of a newer conjugate vaccine (like PCV20).

Reputable Immunization Resources

For the most up-to-date, detailed tables, downloadable catch-up schedules, and specialized recommendations for individuals with medical conditions, consult these trusted organizational guides:

- **Learn more about the rigorous, data-driven medical timelines by checking the clinical guidance on the [AAFP 2026 Updated Immunization Schedules](#).**
- **For official national overviews and printable charts, visit the central hub for [CDC Vaccine Schedules for You and Your Family](#).**
- **To explore pediatric policies and specific childhood dose guidelines, review the comprehensive [American Academy of Pediatrics \(AAP\) 2026 Childhood Schedule](#).**

The above information was reviewed and validated by David Campbell-O'Dell, DNP, APRN-IP, FNP-BC, FAANP