

# ADULT IMMUNIZATION SCHEDULE



POLSKIE TOWARZYSTWO  
MEDYCYNY RODZINNEJ



VACCINATION AND PATIENT'S AGE	19-26	27-49	50-59	60-64	65+
INFLUENZA	1 dose per season		1 dose per season	1 dose of high-dose vaccine every season <sup>1</sup>	
PNEUMOCOCCUS	1 or 2 doses <sup>2</sup>		1 or 2 doses		
COVID-19	vaccination schedule depending on currently available products			vaccination schedule depending on currently available products	
RSV			for individuals with an increased risk of RSV	1 dose	
	1 dose between 32 and 36 weeks of pregnancy				
TETANUS, DIPHTHERIA AND PERTUSSIS	Tdap every 10 years				
	1 dose during the 3rd trimester of each pregnancy				
CHICKENPOX	2 doses (individuals who have never had chickenpox)				
SHINGLES	2 doses <sup>3</sup>		2 doses		
HPV	3 doses	3 doses			
MMR	1 or 2 doses (previously unvaccinated individuals)				
TICK-BORNE ENCEPHALITIS	3 doses; then booster dose every 3-5 years <sup>4</sup>				
NEISSERIA MENINGITIDIS	the number of doses depends on the product	the number of doses depends on the product <sup>5</sup>			
HEPATITIS A	2 doses (or 3 doses in case of a combined hepatitis A and B vaccines) <sup>6</sup>				
HEPATITIS B	3 doses (or 4 doses in an accelerated schedule) - recommended and for selected groups of patients - mandatory <sup>7</sup>				

- particularly recommended for this age group
- recommended for all unimmunized individuals meeting the age criteria
- recommended in the presence of specific clinical or epidemiological risk factors
- recommended based on a shared decision between the doctor and the patient

## ABBREVIATIONS:

- RSV** - respiratory syncytial virus
- Tdap** - a vaccine containing tetanus toxoid, reduced dose of diphtheria toxoid and acellular pertussis components
- HPV** - human papilloma virus
- MMR** - vaccine against measles, mumps and rubella

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**1. IF HIGH-DOSE INFLUENZA VACCINE IS NOT AVAILABLE OR NOT ACCEPTED, PERSONS AGED 60 YEARS AND OLDER MAY RECEIVE STANDARD-DOSE INFLUENZA VACCINE.**

## 2. PNEUMOCOCCAL VACCINATION, 19-49 YEARS OLD RECOMMENDED FOR PERSONS:

- with diabetes
- with chronic heart disease
- with chronic lung disease
- with chronic liver disease
- with chronic kidney disease
- with cerebrospinal fluid leakage
- with a cochlear implant or qualified for its implantation
- without a spleen or with its impaired function
- with immunodeficiency disorders
- after transplantation
- with hematopoietic disorders
- addicted to alcohol and smoking cigarettes

## 3. SHINGLES VACCINATION, 19-49 YEARS OLD RECOMMENDED FOR PERSONS:

- with congenital or acquired immunodeficiency
- with chronic heart disease
- with chronic lung disease
- with chronic liver disease
- with chronic kidney disease
- with autoimmune disease
- with diabetes
- with depression

## 4. TICK-BORNE ENCEPHALITIS VACCINATION RECOMMENDED FOR:

- individuals employed in timber industry
- stationed military
- firefighting and border guard officers
- farmers
- young individuals undergoing internships and professional training
- individuals frequently engaged in outdoor physical activities

## 5. MENINGOCOCCAL VACCINATION, 27-65+ YEARS, RECOMMENDED FOR PERSONS:

- with close contact with a sick person or infectious material (medical personnel, laboratory workers)
- staying in congregate settings (kindergartens, nurseries, student dormitories, boarding schools, barracks)
- with behavior conducive to infection (intimate contact with a carrier or sick person, e.g. deep kissing)
- traveling
- with congenital immunodeficiencies and with:
  - spleen dysfunction
  - malignant tumor
  - rheumatic disease
  - chronic kidney and liver disease
  - infected with HIV
  - treated with eculizumab
  - before and after bone marrow transplantation

## 6. HEPATITIS A VACCINATION RECOMMENDED FOR PERSONS:

- traveling to countries with high and intermediate endemicity of hepatitis A
- employed in food production and distribution, removal of municipal waste and liquid waste and maintenance of devices used for this purpose
- medical workers, especially in infectious disease, gastroenterology and pediatric wards

## 7. HEPATITIS B VACCINATION MANDATORY FOR:

- previously unvaccinated students of medical schools and universities or other schools providing education in the field of medical sciences or health sciences
- previously unvaccinated individuals particularly at risk of infection as a result of contact with a person infected with hepatitis B
- individuals infected with the hepatitis C virus
- previously unvaccinated individuals working in healthcare who are at risk of infection
- individuals in the advanced phase of kidney disease and individuals undergoing dialysis
- individuals before or after transplantation of hematopoietic cells, internal organs, splenectomy, or with asplenia, with spleen dysfunction
- previously unvaccinated women planning a pregnancy

### References:

1. Announcement of the Chief Sanitary Inspector of 27 October 2023 regarding the Vaccination Program for 2024
2. K. Tomaszewicz. Monografia. Szczepienia ochronne u doroslych. MPD1(1)2020
3. National Institute of Public Health – National Institute of Hygiene. szczepienia.pzh.gov.pl [accessed 29/11/2023]
4. SPCs of individual products
5. <https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html> [accessed 29/11/2023]