

SENIOR VACCINATION SCHEDULE

As we grow older, our immune systems become more vulnerable to disease, making vaccinations crucial to maintain good health. Here is a list of recommended vaccines for elders and their dosage, compiled by Samarth.

Vaccine	50 - 64 years	≥ 65 years
COVID - 19	2- or 3-dose primary series and booster (4 to 6 months apart)	
Influenza	1 annual dose (October, before flu season)	
Tetanus, diphtheria, pertussis (Tdap or Td)	1 dose Tdap, then Td or Tdap booster every 10 years	
Measles, mumps, rubella (MMR)	1-2 doses (4 weeks apart)	
Recombinant Zoster (Shingles) Vaccine (RZV)	2 doses (2 to 6 months apart)	
Pneumococcal vaccination		2 doses (1 year apart)

This is an indicative list of vaccinations for senior citizens. Please use this schedule in consultation with your doctor, as they will recommend the best course of action given your particular health condition(s).

Sources: National Centre for Disease Control, Directorate General of Health Services, Government of India; Centers for Disease Control and Prevention, U.S. Department of Health and Human Services.