

Recommended China Adult Immunization Schedule 中国成人免疫接种建议

Vaccine 疫苗	Age 年龄 19-26	Age 年龄 27-49	Age 年龄 50-59	Age 年龄 60-64	Over 超过 65
Hepatitis A 甲肝	2 Doses (6-12 Months Apart) 2针(间隔6-12月)				
Hepatitis B 乙肝	3 Doses (Month 0,1,6) 3针(第0,1,6月接种) Booster Doses: Consult MD 加强针:遵医嘱			Over 60 超过60岁 Please Consult Your Doctor. 请遵医嘱。	
Influenza 流感	1 Dose Every Year (Autumn Season) 每年接种1次(秋季)				
Tdap (百白破) Td (白破)	1 st Booster: 1 Dose, Preferably Tdap 第1次加强针: 1针, 推荐Tdap (白喉、百日咳、破伤风) Further Booster: 1 Dose of Td Every 10 Years 之后的加强针: 每10年1次, Td (白喉, 破伤风)				
MMR(麻风腮) Live 活疫苗	1 st Booster: 1 Dose 第1次加强针:1针 2 nd Booster: Consult MD 第2针: 遵医嘱		Over 50 1 Dose 超过50岁1针		
Pneumococcal 肺炎疫苗	Most patients with diabetes, history of pneumonia, chronic lung or heart disease 有糖尿病, 肺炎病史, 慢性肺病或心脏疾病的多数病人需要				Over 65 1 Dose 超过65岁1针
Varicella 水痘 Live活	2 Doses (4-8 Weeks Apart) 2针 (间隔4-8周)				
Meningococcal 脑膜炎 (流脑)	1 Dose 1针 2 nd Dose: Consult Physician 第2针: 遵医嘱				
HPV 单纯疱疹疫苗 *	3 Doses (Month 0,2,6) 3针 (第0,2,6月)		Over 26 Consult Physician 超过26岁 遵医嘱		
Zoster 带状疱疹* Live活	Consult Physician : 遵医嘱		Over 50 1 Dose 超过50岁1针		
Rabies 狂犬疫苗	3 Doses (Day 0,7,21-28) for pre-exposure prophylaxis 3针 (第0,7,21至28天接种), 预防用				
Polio 小儿麻痹	1 Dose 1针				
Japanese Encephalitis 日本脑炎 (乙脑)	Dosing and booster various with manufacturer 剂量和加强根据不同的生产厂家而有不同				
Typhoid 伤寒*	Dosing and booster various with manufacturer. May be live vaccine 剂量和加强根据不同的生产厂家而有不同。 可能是活疫苗。				
TB Skin or Blood Test 结核感染检查	Every 1-2 Years 每隔1-2年. Consult Physician 遵医嘱				

*:May not be available in Mainland China. 中国大陆目前尚无此疫苗

Hepatitis A 甲肝	Acute liver infection caused by fecal contaminated food. May cause more severe disease in adults than children. ♀ C 粪便污染的食物引起的急性肝脏感染。相比儿童，可能会在成人中引起更严重的疾病。孕妇C类推荐
Hepatitis B 乙肝	Blood borne disease. Asymptomatic carriers are common sources of infection Alternative Regimen: each dose given on 0,1,4 month, or 0,2,4 month. 血液传染疾病。无症状的携带者是常见的传染源。接种方案：在第0，1，4月，或在第0，2，4月
Influenza 流感	Spread by respiratory secretions Contraindication: Hypersensitivity to eggs, sulfites.通过呼吸道分泌物传播。禁忌：对鸡蛋或磺胺过敏 Defer vaccination with febrile illnesses 如果有发热疾病需延期接种 ♀ B/C (per manufacturer), USA CDC recommends vaccine to be administered during any trimesters during pregnancy 美国疾病预防控制中心推荐疫苗用于怀孕期间的任何一个孕期。孕妇B/C类推荐
Td/Tdap 百白破	Tetanus is spread into open wounds from contaminated dirt and causes paralysis. Diphtheria and pertussis can both be spread by respiratory secretions. ♀ C 破伤风通过开放伤口接触污染的物品感染。可以引起瘫痪。白喉和百日咳通过呼吸道分泌物传播
MMR 麻风腮	Measles, Rubella and Mumps are spread by respiratory secretions. Rubella may cause congenital problems and mumps may cause sterility, especially in adult men. Contraindication: Pregnancy, Immunosuppressant Conditions. Avoid pregnancy for 1 month after vaccination. 麻疹，风疹和腮腺炎通过呼吸道分泌物传播。风疹可能导致先天疾病。腮腺炎可能导致不育，特别是在成年男性。禁忌：怀孕，免疫抑制。接种后避孕1个月。
Pneumococcal 肺炎	Streptococcal pneumonia is the most frequent cause of pneumonia in usually healthy people. ♀ C 肺炎链球菌是最常见的导致健康人患肺炎的细菌。孕妇C类推荐
Varicella 水痘	Varicella is spread by respiratory secretions and is more likely to cause acute lung problems in adults than in children. Contraindication: Pregnancy, Immunosuppressive Conditions. 水痘是通过呼吸道分泌物传播的。相比儿童，更可能会在成人中引起急性呼吸系统疾病。禁忌：怀孕，免疫抑制。
Rabies 狂犬病	China ranks number 2 in the world in incidence. Rabies is generally fatal once symptoms occur. Post-Exposure: 4 Doses (Day 0,3,7,14, and Human Rabies Immunoglobulin on Day 0) or 5 Doses (Immunosuppressed, On Day 0,3,7,14,28, and HRIG) 中国发病率在世界排第2。狂犬病一旦出现症状，一般是致命的。接触后：4次（第0，3，7，14天）疫苗+人狂犬病免疫球蛋白在第0天；对于免疫抑制的病人，5次（第0，3，7，14，28天）+人狂犬病免疫球蛋白在第0天
Polio 脊髓灰质炎	Polio may be spread by respiratory droplets and causes paralysis. 脊髓灰质炎病毒通过飞沫传播，可能导致瘫痪
Japanese Encephalitis 日本脑炎	Spread by mosquitos 通过蚊子传播 ♀ C。孕妇C类推荐
Meningococcal 流脑	Spread by respiratory droplets. ♀ C通过飞沫传播。孕妇C类推荐
HPV 单纯疱疹	Pregnancy Category B. 孕妇B类推荐
Zoster 带状疱疹	Painful skin disorder cause by re-activation of varicella virus. Wet Pregnancy Category C. 禁忌：怀孕，免疫抑制状态。不能与肺炎疫苗一起接种。孕妇C类推荐
Typhoid 伤寒	Acute infection caused by fecal contaminated food. 粪便污染的食物引起的急性肝脏感染。孕妇C类推荐。
Tuberculosis 结核	Spread by air-borne droplets. May have long period between infection and illness. 通过飞沫传播。在传染和发病之间可能有很长的潜伏期。

Pregnancy Category Ratings (♀) 孕妇推荐分类：

A: Very reliable safety data 可靠数据证明安全 B: Safe in studies 研究表明安全 C: Insufficient data to determine. 没有足够数据确定是否安全
D: Use in Life-Threatening Emergencies. Evidence of Fetal Risk. 只用于威胁生命的紧急情况。证据表明对胚胎有危险 X: Do Not Use During Pregnancy. 孕妇禁用

Reference

1 Recommended Adult Immunization Schedule: United States, 2012. Ann Intern Med. 2012, 156(3): 211-217.

2 Adult Immunization in Asia--Summary and Recommendations. Vaccine. 1999, 17 Suppl 1: S109-S111.