# Are you asking for it?

If you're not asking for the **vaccines** you need,

## you just might be asking for something you really don't want—

like a serious infection or long-term health problems.

To find out more about adult vaccines, take the

**CDC Adult Vaccine Quiz**

## www.cdc.gov/nip/foradults

This **30-second quiz** gives you a list of vaccines that could help you the most. Take the quiz, then talk to your healthcare provider about the results.

## And make sure you ask for what you need.

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You can download this flyer from **www.cdc.gov/nip/publications/default.htm#adultquiz** and print additional copies on your color printer.