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.

DEPARTMENT OF HEALTH & HUMAN SERVICES · USA

CDC

SAFER • HEALTHIER • PEOPLE™

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