



“I have too much  
to do to risk getting  
sick, so I’m getting  
vaccinated.”

Every year,  
thousands of adults in  
America suffer serious health  
problems from diseases they could be vaccinated  
against like shingles, whooping cough, hepatitis  
A and B, flu, and pneumococcal disease.  
Some even die.

**Talk with your healthcare professional  
about which vaccines are recommended  
to protect you and your loved ones.**

Learn more at [cdc.gov/vaccines/adults](http://cdc.gov/vaccines/adults) or  
call **1-800-CDC-INFO (1-800-232-4636)**.

**DON'T WAIT.  
VACCINATE!**



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention