

“I do a lot of things to stay healthy, including 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 doctor about which vaccines are right for you.**

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