

"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 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