



**"I want to protect my health, so I'm getting the vaccines recommended for me."**

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