



**“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
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