

“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