

“I keep myself *and*
my grandchildren
healthy.”

Vaccines for adults can prevent serious diseases and even death. They can also help prevent the spread of disease through your family.

You may need one or more vaccines. Ask **your** doctor which ones are right for you.

Vaccines can prevent Influenza (flu), shingles, diphtheria/tetanus, pertussis, and pneumococcal diseases.

<http://www.cdc.gov/vaccines/adults>



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention