

A photograph of a woman with grey hair, wearing a light yellow t-shirt, hugging a young girl with dark hair in a purple t-shirt and denim shorts. They are both smiling and looking towards the camera. The background is a blurred outdoor setting with green foliage.

“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>



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