



“My dad got shingles.  
My wife got whooping  
cough. That’s why  
I’m getting the  
vaccines I need.”

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](https://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