

“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](https://www.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