



“I have too much  
to do to risk getting  
sick, so I’m getting  
vaccinated.”

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