



Shots aren't just for kids.

Vaccines for adults can prevent serious diseases and even death. Ask your doctor about what immunizations **you** need. Because **staying healthy at any age** isn't kid stuff.



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

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

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