

# Be among the millions of adults who have been vaccinated.

It's important to your health and those you love.

You probably got vaccines as a child so you think you're still protected, right? Not exactly. The protection from some vaccines can wear off over time. You may also be at risk for other diseases. The risk could be due to your job, lifestyle, travel, or health condition. So it's still important for you to be vaccinated as an adult.

## Reasons to Get Vaccinated

### 1) You may be at risk for certain diseases that are still common in the U.S.

Every year thousands of adults in the United States get sick from diseases – diseases like measles or the flu that could be prevented by vaccines. Some people are hospitalized. Some even die.

### 2) You can't afford to get sick.

Even healthy people can get sick enough to miss work or school. If you're sick, you may not be able to take care of your family. Or you may not be able to have time for your friends and hobbies.

### 3) You can protect your health and the health of those around you.

This is especially important because some people cannot get vaccinated. This includes children under 6-months-old.

## What Vaccines Do You Need?

**All adults should get a flu vaccine every year to protect against seasonal flu.**

**You may need additional vaccines because of:**

- Your age.
- Health conditions.
- Vaccines you received as a child.
- Other factors.

**Other vaccines you may need as an adult include:**

- Td/Tdap to protect against tetanus, diphtheria, and pertussis (whooping cough).
- Pneumococcal to protect against pneumococcal infections, such as pneumonia.
- Zoster to protect against shingles.
- MMR to protect against measles, mumps, and rubella.

## Where to Get Vaccinated

Talk to your doctor about which vaccines you need. You can get them at the following places:

- Your doctor's office.
- Local health department.
- Pharmacies.
- Workplace.
- Community health clinics.
- Other places.



Vaccines lower your chance of getting sick. Vaccines work with your body's natural defenses. This lowers your chances of getting certain diseases.

Vaccines lower your chance of spreading certain diseases. Infants, older adults and people with weakened immune systems are especially vulnerable to these diseases.

Vaccines are one of the safest ways to protect your health. Vaccine side effects are usually mild. Side effects go away on their own. Severe side effects are very rare.

Call your doctor today to find out which vaccines you need. Then get your vaccines as soon as possible.

*Source: National Center for Immunization and Respiratory Diseases*