

Adults should get vaccinated too!

Talk to your healthcare provider about vaccinations for:

- Pneumococcal disease
- Influenza
- Shingles

The risk for certain diseases increases as adults age. Even adults who feel healthy are at risk for getting serious yet potentially vaccine-preventable diseases.

- **Pneumococcal pneumonia and influenza are potentially serious lung diseases** that, in severe cases, can be life-threatening
- **Shingles causes painful rashes.** Sometimes the rashes can lead to severe nerve pain that can last for years

Some additional vaccines may be recommended, such as:

- Tdap
- HPV
- Hepatitis B

HPV=human papillomavirus; Tdap=tetanus toxoid, reduced diphtheria toxoid, and acellular pertussis.

You may be able to get more than 1 vaccine during a visit to your healthcare provider or pharmacy. Ask your healthcare provider for details.



Vaccines can help protect you from these potentially serious diseases