

Are You Fully Protected Against Serious Infections?

Your doctor wants to protect your health by making sure you receive appropriate vaccines. Please read this, and help your doctor help you!

DID YOU KNOW VACCINES ARE RECOMMENDED FOR HEALTHY ADULTS?

Many adults do not know that vaccines will reduce their chances of getting these serious adult infections:

- Seasonal flu (respiratory)
- Invasive pneumococcal disease
- Whooping cough (pertussis)
- Human papillomavirus (HPV), which can cause certain cancers and genital warts
- Chicken pox (varicella)
- Shingles (herpes zoster)
- Measles, mumps, and rubella

DO VACCINES CAUSE PROBLEMS?

- Experts only recommend vaccines if the benefits are greater than the risks
- Serious problems after getting vaccines are very, very rare
- You may experience mild problems like a sore arm or low-grade fever, but these do not last long
- Each year thousands of adults die or have serious problems from diseases that vaccines could have prevented

WHAT ABOUT VACCINE COST?

Vaccine prices vary but cost much less than getting (and treating) the diseases. Many health insurance plans help pay for the recommended vaccines.

VACCINES PROTECT OTHERS AROUND YOU, TOO.

Some adults and children cannot get vaccines or they have health conditions that make them more likely to get diseases. Those people are helped when you protect yourself.

Ask your doctor or other healthcare provider, or visit www2a.cdc.gov/nip/adultimmsched, to determine which vaccines you should have. By the way, doctors and their families get vaccines to protect themselves, their loved ones, and their patients, too!

