



# Some Things From Childhood Are Best Left Behind – Vaccines Aren't One of Them

Many adults don't get the vaccines they need, leaving them vulnerable to illness. Adults need vaccines to protect them against many serious illnesses, including:

- Tetanus, diphtheria, and whooping cough
- Influenza
- Pneumococcal disease
- Shingles
- Hepatitis B
- Human papillomavirus (HPV)
- Hepatitis A
- Measles, mumps, and rubella

Vaccines can help protect you from these and other potentially deadly illnesses.

**Ask about vaccines you may need.**

**Remember You Never Outgrow Vaccines!**

For more information visit [www.adultvaccination.org](http://www.adultvaccination.org)