

## Talk to Your Doctor – *Adult Vaccination*

This printout contains information about adult vaccination and questions to ask your healthcare provider. Make the most out of your next appointment by asking about adult vaccination.

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### Remember these facts about vaccine-preventable diseases:

- Vaccines are available but, unfortunately, many adults in the US today are not fully vaccinated against potentially serious diseases. About 50,000 adults in the US die each year from diseases, such as hepatitis B, pneumococcal disease, and flu, for which vaccines exist.
- The Centers for Disease Control and Prevention (CDC) recommends multiple vaccinations for adults, depending on age and risk of infection, to help protect against certain diseases. Ask your healthcare provider about these vaccines:
  - Tdap (tetanus/diphtheria/pertussis [whooping cough])
  - Influenza (flu)
  - *Haemophilus influenzae* type b (Hib)
  - Hepatitis A
  - Hepatitis B
  - HPV (human papillomavirus)
  - Varicella (chickenpox)
  - Zoster (shingles)
  - MMR (measles, mumps, rubella)
  - Meningococcal
  - Pneumococcal

### Questions you may want to ask your healthcare provider:

What vaccines are recommended for me?

Why is it important for me to get vaccinated?

Are there any side effects that I should be aware of?

What if I have already been vaccinated?

What are the risks from diseases if I do not get vaccinated?

If a vaccination is right for me, when should I schedule it? Do I need multiple doses?

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