

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.

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, which might have been prevented by vaccines
- The Centers for Disease Control and Prevention (CDC) recommends multiple vaccinations for adults, depending on age and risk of infection, to help protect against up to 14 diseases or more. Ask your healthcare provider about these vaccines:
 - Tdap (tetanus/diphtheria/pertussis [whooping cough])
 - Influenza (flu)
 - 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 do I need?

Why is it important for me to get vaccinated?

What if I have already been vaccinated?

What are the risks if I do not get vaccinated?

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How can getting vaccinated help protect my loved ones?

If a vaccination is right for me, when should I schedule it? When should I get the next dose?

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

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