You know vaccination is important for children.



Do you know vaccination is also important for adults?

Help protect yourself from preventable diseases:

- The Centers for Disease Control and Prevention (CDC) recommends certain vaccines for adults.
- Some shots are needed every year and others are needed only once.

As you age, your immune system simply can't fight off disease like it used to. It could use some help.



Ask your health care provider what shots you may need.

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