

Protect yourself,  
and those around  
you, by getting the  
immunizations  
you need.



**“Start *the* Conversation...”**

*Talk to your health care provider  
about the immunizations  
that are right for you.*



**As part of your routine health care, talk with your health care provider about the immunizations you need.**

Vaccines are recommended for all adults based on factors such as age, travel, occupation, medical history, and vaccines they have had in the past. Getting appropriate immunizations is now more important and accessible than ever.

**All adults need the following routine vaccines:**

- Influenza vaccine every year
- Tetanus, diphtheria, and pertussis (whooping cough) (Tdap) vaccine
- Human papillomavirus (HPV) vaccine series
- Measles, mumps, rubella (MMR) vaccine
- Varicella vaccine
- Zoster vaccine
- Pneumococcal vaccine

**In addition, you may also need other vaccines depending on your age, health condition, or occupation:**

- Hepatitis A vaccine series
- Hepatitis B vaccine series
- Hib vaccine
- Meningococcal vaccine series

**Join the millions who have safely received immunizations. Talk with your health care provider *TODAY*.**