



You can't stop time,
but you can **STOP**
serious diseases before they ever start.

You may need one or more vaccines.
Ask your doctor what's right for you.

*Vaccines can prevent Influenza (flu),
shingles, diphtheria/tetanus, pertussis,
and pneumococcal diseases.*

<http://www.cdc.gov/vaccines/adults>



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention