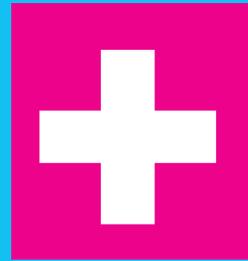
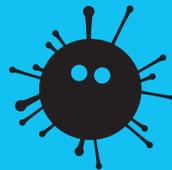


# YOU CALL THE



# H SHOTS



>> Make Sure Your Boosters Are Up to Date.

Protect yourself and others from a slew of unwanted diseases by getting the necessary vaccinations—and boosters. Keeping up with your vaccine schedule not only keeps you healthy, it can help protect the health of those around you, too.

Ask your health care provider when you last received these vaccines and which are appropriate for you. If you're behind, make an appointment to bring yourself up to date.

## Are you up-to-date?

CDC recommends adults get immunized for the following:

-  INFLUENZA (flu)
-  MENINGOCOCCAL (meningitis)
-  MMR (measles, mumps, and rubella)
-  PNEUMOCOCCAL (pneumonia)
-  VARICELLA (chickenpox)
-  TD (tetanus and diphtheria), every 10 years



[foh.hhs.gov/VAX](http://foh.hhs.gov/VAX)



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