



## **A MINUTE OF HEALTH WITH CDC**

### ***Get Your Big Boy Shots***

*Recommended Adult Immunization Schedule — United States, 2012*

Recorded: January 31, 2012; posted: February 2, 2012

*This program is presented by the Centers for Disease Control and Prevention.*

You may think vaccines are just for kids, but there are nearly a dozen vaccines recommended for people over the age of 18. Unfortunately, many adults aren't getting the recommended vaccines, putting them at risk for several preventable diseases, including shingles, flu, and certain types of pneumonia. Adult vaccines not only protect *you*, but can protect friends and family, including those who are too young to be vaccinated.

You can get more information about adult vaccines at [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines). Check with your health care provider to see what vaccines *you* might need.

Thank you for joining us on *A Minute of Health with CDC*.

*For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*