

Are you  
asking  
for  
it?



If you're not asking for the **vaccines** you need,  
you just might be asking for  
something you really don't want—  
like a serious infection or long-term health problems.

To find out more about adult vaccines, take the  
**CDC Adult Vaccine Quiz**

[www.cdc.gov/nip/foradults.htm](http://www.cdc.gov/nip/foradults.htm)

This **30-second quiz** gives you a list of vaccines  
that could help you the most. Take the quiz, then talk to your  
healthcare provider about the results.

And make sure you ask  
for what you need.

