

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

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.

