

# It's wise to immunize

## Guard your health with adult vaccinations

Just because you've grown up, doesn't mean you don't need immunizations. As you age, there are certain shots you should consider getting to protect yourself against the flu, tetanus, diphtheria, whooping cough, shingles, pneumococcal, human papilloma virus, etc.

A number of things can affect what adult shots you need:

### Your way of life

- Age
- Travel destinations
- Health issues
- Prior immunizations

While most vaccines you received as a child will protect you throughout your life, you should also keep in mind:

- Newer vaccines may now be available that didn't exist when you were a child.
- Diseases like the flu and pneumonia can be more dangerous as you get older.
- Some vaccines need booster shots to protect you for life.
- You may have missed some vaccines as a child.

You can keep vaccines on track by sticking to the recommended adult schedule.

### Perfect timing:

Consider making it a priority to keep your immunizations up to date. Talk to your doctor. Ask what vaccines you need. Keeping a record of your immunization schedule can help ensure you receive them on time



**BlueCross BlueShield  
of Illinois**

Source: Centers for Disease Control and Prevention

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