**Sample Tweets**

Read CDC’s top 10 Reasons for Adults to Get Vaccinated. What are yours?

[http://go.usa.gov/BXYH](http://go.usa.gov/BXYH%22%20%5Co%20%22CDC%27s%20top%2010%20reasons%20for%20adults%20to%20get%20vaccinated)

Don’t put off getting your #vaccines! Read our top ten reasons why adults shouldn’t wait to get

Vaccinated. <http://go.usa.gov/BXYH>

The CDC guidelines recommend 6 vaccines for all healthy adults. Are you up to date? Take our quiz and find out! <http://go.usa.gov/BXrQ>

The CDC recommends getting vaccinated against diseases very common in the US. Do you know which vaccines you need? <http://go.usa.gov/BXrQ>

Help keep yourself & your family healthy. Find out which vaccines you may need.

<http://go.usa.gov/BXrQ>

Vaccination is our best defense against some still common & sometimes deadly diseases.

Immunizations are NOT just for children! No matter your age, we ALL need immunizations to keep us healthy.

Adults need vaccines, too. Vaccination is an important step in staying healthy.

Help keep yourself & your family healthy. Find out which vaccines you may need. [www.cdc.gov/Features/adultimmunizations/](http://www.cdc.gov/Features/adultimmunizations/)

Too few adults are getting the vaccinations needed to help prevent diseases. Protect yourself and your loved ones.

Adult vaccines are available in many places, including doctor's offices, health departments & pharmacies.

The vaccine finder helps you find places to get vaccinated near you: <http://vaccine.healthmap.org/>

Diseases like whooping cough still exist & outbreaks still happen, even in the U.S.

What vaccines do you need? Take this CDC quiz to find out: [www.cdc.gov/vaccines/AdultQuiz](http://www.cdc.gov/vaccines/AdultQuiz)

Need help keeping track of or finding your adult vaccination record? [www.cdc.gov/Features/AdultVaccinationRecords/](http://www.cdc.gov/Features/AdultVaccinationRecords/)

Got questions about vaccines? Find easy-to-read 1-pagers @ImmunizeAction: <http://www.immunize.org/handouts/>

**Sample Social Media Posts:**

Vaccination is our best defense against some still common & sometimes deadly, infectious diseases. #DontWaitVaccinate! <http://www.cdc.gov/features/adultvaccinations/>

Vaccination is one of the best ways adults can protect themselves against some still common & sometimes deadly, infectious diseases. Are your patients getting the vaccines they need? Make sure they stay up to date by following the 2014 Adult Immunization Schedule. <http://www.cdc.gov/vaccines/schedules>

Immunizations are NOT just for kids! No matter your age, we ALL need immunizations to keep us healthy. Find out which vaccines you need by taking the CDC Adult Immunization Quiz here:

[www.cdc.gov/vaccines/AdultQuiz/](http://www.cdc.gov/vaccines/AdultQuiz/)

Preventing illness is a real priority for those who worry about missing work, paying medical bills, & caring for family. Read CDC’s Top 10 Reasons for Adults to Get Vaccinated. What are yours?

<http://www.cdc.gov/features/adultvaccinations/>

If you have a chronic condition such as asthma, diabetes, or heart disease, getting sick with vaccine-preventable diseases like flu and pneumonia can lead to serious complications, hospitalization or even death. Protect yourself – get vaccinated.

Adults need vaccines, too. We all need protection from the serious, and sometimes deadly, diseases that can be prevented by vaccines. Ask your doctor, pharmacist, or other health care professional which vaccines are recommended for you.

Vaccines aren’t just for children. Help protect yourself and your family from disease by getting vaccinated. Ask your doctor, pharmacist, or other health care professional which vaccines are recommended for you.

Do you know which vaccines you need? Here’s a hint: All adults should be vaccinated against flu and tetanus. Ask your doctor which other vaccines are recommended for you. [www.cdc.gov/vaccines/adultquiz](http://www.cdc.gov/vaccines/adultquiz)

Some things you outgrow as an adult. Immunizations aren’t one of them. Talk to your health care provider, your public health department, or visit [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines) to find out which immunizations you might need.

If you’re not up to date with your vaccines, you’re vulnerable to a number of serious diseases like flu, hepatitis and pneumococcal disease. These diseases can be serious, even deadly – but they can be prevented with vaccines.

Do your fall and winter plans include nausea, fever, muscle aches and fatigue? If not, visit your health care professional, public health department or local pharmacy and get a flu vaccine. The influenza vaccine is recommended for all adults – especially those 65 years and older, pregnant women, and those with health conditions like asthma, diabetes and heart disease.

Whooping cough can cause serious, sometimes even fatal, complications in infants and young children. Protect your children by making sure you and anyone who spends time around them, are up to date on your whooping cough vaccine.

When you’re making your back-to-school checklist, make sure to include vaccines—for your children and for yourself. [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

Did you know you need vaccines throughout your life? Even if you were fully vaccinated as a child, the protection from some vaccines you received can wear off over time and you may need a booster. There also are specific vaccines that you may need as you get older based on your age, job, lifestyle, travel, or health conditions. Take this CDC quiz to find out which vaccines are right for you: [www.cdc.gov/vaccines/AdultQuiz](http://www.cdc.gov/vaccines/AdultQuiz)

You have the power to protect yourself and the ones you love. Talk to your doctor or other healthcare professional about which vaccines are right for you and your family.

Are you and your family up-to-date on your vaccines? Talk to your doctor or other healthcare professional to make sure you and your family get the vaccines you need.