# Attention, Adults: Get Your Shots!

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While your children may be receiving their annual vaccines, most parents are not doing the same for themselves, says a recent report from the Centers for Disease Control and Prevention (CDC). Surveying 7000 U.S. adults, researchers found that most of them did not receive the following recommended vaccinations: shingles, tetanus, whooping cough and the flu. The CDC asserts adults who do not receive the recommended shots could potentially put their children and babies at danger, especially those who are too young to be vaccinated themselves.

It is recommended that adults receive shots to protect themselves against chicken pox, diphtheria, hepatitis A and B, HPV, influenza, measles, meningitis, mumps, whooping cough, pneumonia, German measles, shingles and tetanus.

The vice president of the National Foundation for Infectious Disease, Dr. William Schaffner told Reuters, “Combined, these infectious diseases kill more Americans annually than either breast cancer, HIV/AIDS or traffic accidents.”

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http://beta.docker.realhealthmag.com/article/adults-vaccines-shots-13890-4870