**Letter to the Editor**

**For use on Adult Vaccinations**

Vaccinations aren’t just for children. The Centers for Disease Control and Prevention (CDC) says adults may need as many as 10 vaccinations, including an annual flu vaccination and a Tdap vaccination to prevent tetanus, diphtheria, and pertussis (whooping cough). Vaccinations are one of the safest, most effective ways to protect your loved ones and yourself from potentially deadly diseases.

Immunization rates among Texas children have improved. Unfortunately, this is not the case for adults. Only about one-third of U.S. adults received a flu shot last year. And more than 40,000 adults die each year from vaccine-preventable illnesses, such as flu and pneumonia.

The Patient Protection and Affordable Care Act now requires some health plans to cover the cost of adult vaccinations and other preventive services.

August is National Immunization Month, a perfect time to make sure your vaccinations are up to date. Check with your doctor to find out which vaccinations you need.

Your name, city

(If you’re sponsoring a vaccination clinic locally, you can provide details.)