

Healthy People

Immunization Month

It's August. That means that summer is winding down, school is gearing up, and the holidays are right around the corner.

Did you know that immunizations aren't just for kids? It's important to stay up-to-date throughout your life. This year there is a separate focus each week for different life stages. Here's how it breaks down:

- August 3-9: A Healthy Start. Focusing on the importance of specific vaccines needed during pregnancy and birth to age 2.
- August 10-16: Back To School. For Children, Preteens, and Teens.
- August 17-23: Off To The Future – Young Adults.
- August 24-30: Not Just For Kids – Adults Need Vaccines, Too!

All adults should get an annual flu shot, as well as a tetanus/diphtheria vaccine every 10 years. Other vaccines may be necessary depending on age, occupation, travel, health status, and other risk factors. Talk to your doctor about what you need.

Pregnant women need to have a flu shot every year as well as a "Tdap" to protect the baby against whooping cough in the first few months of life.

When children don't get vaccinated, they are not only more likely to get a dangerous disease themselves, but they can also spread disease to others in their classroom and community – including babies who are too young to be fully vaccinated, and people with weakened immune systems due to cancer and other health conditions. Be sure to keep your kids vaccines up-to-date!



Details about each of these can be found on the National Public Health Information Coalition website in the National Immunization Awareness Month section at: www.nphic.org/niam