



Health and Wellness Tip of the Week - Week 34

Monthly Topic

National Immunization Month is a great time to remind employees about both regular vaccinations and the flu shot.

August 25, 2014

Boost your baby shot basics

Vaccines help protect your baby from serious or even deadly illnesses. One example is whooping cough. Whooping cough has not been eliminated, so it's vital to protect your baby. Before your baby's doctor visit, check out these ABCs:

- Newborn babies only have short-term protection. That's why it's vital to start their shots early.
- Vaccines can't overload a baby's immune system. Millions of children are safely vaccinated each year.
- There are now 16 diseases you can take action against. Studies show these shots do not cause autism.
- Reactions to shots are mostly mild. Serious problems are rare.
- Follow the doctor's advice for your baby's shots.
- Ask your child's doctor about combination vaccines that protect against more than one illness so your child will get fewer shots.



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Source: Centers for Disease Control and Prevention