



Health and Wellness Tip of the Week - Week 31

Monthly Topic

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

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Immunizations Are an Important Safeguard For Your Child's Health

Next to safe drinking water, immunizations have been called the most important public health intervention in history. Immunizations have saved millions of lives from diseases that used to be a serious threat to children. Following a regular vaccination schedule to immunize your child can protect them and others from diseases including:

- Diphtheria
- Hepatitis A
- Hepatitis B
- Hib disease (Haemophilus influenza type b)
- Influenza (Flu)
- Measles
- Mumps
- Pertussis (Whooping Cough)
- Pneumococcal Disease
- Polio
- Rubella (German Measles)
- Tetanus (Lockjaw)
- Varicella (Chickenpox)

Source: Centers for Disease Control and Prevention



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