

Health & Wellness Tip of the Week

Week 31 July 30, 2018

Our mission is to promote health awareness and
Encourage healthy lifestyles.



Healthy, Strong and Vaccinated

Each year, thousands of adults in the U.S. get sick from health problems that could be stopped by vaccines. Plus, they can pass them on to loved ones. Infants, older adults and those with weakened immune systems (like cancer patients) are most likely to get sick. Even healthy people can get sick enough to miss work or school.

All adults should get a flu shot each year and Td/Tdap to protect against tetanus, diphtheria and whooping cough. Based on your age, your doctor may suggest vaccines against hepatitis, chickenpox, human papilloma virus (HPV), meningitis, shingles, pneumococcal disease and others.

Source: Centers for Disease Control and Prevention

**Human Resources Department
1201 E. 8th Street
Mission, Texas 78572**

