



National Immunization Awareness Month



Immunization Awareness

Health and Wellness

Tip of the Week
Week 33
August 17, 2020

Our Mission is to promote
health awareness and
encourage healthy lifestyles.

Not Just For Kids

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. All adults should get a flu shot each year and Td/Tdap to protect against tetanus, diphtheria and whooping cough every 10 years. Based on your age, your doctor may suggest vaccines against hepatitis, chickenpox, human papillomavirus (HPV), meningitis, shingles, pneumococcal disease and others.

Source: Centers for Disease Control and Prevention

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