

GET IMMUNIZED

Each August, National Immunization Awareness Month (NIAM) encourages all people to protect their health by being immunized against infectious diseases.

This year, the National Public Health Information Coalition is coordinating NIAM activities and along with CDC is focusing on four weekly themes:



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awareness month

PROTECT YOUR BABY
right from the start!

A Healthy Start

If you are pregnant or are planning a pregnancy, get vaccines as advised by your health care provider. These include vaccines for flu and whooping cough.

Today's childhood vaccines protect against 14 serious and potentially life-threatening diseases, including polio, measles, whooping cough and chickenpox. Most childhood vaccines are given during a baby's first 2 years. That's why it feels like so many vaccines so soon. Learn which vaccines a child needs from birth to age 6 at www.cdc.gov/vaccines/schedules/easy-to-read/child.html.



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BACK TO SCHOOL
protect your student at every age!

Back to School

Schools are highly prone to outbreaks of infectious diseases because students can easily transmit illnesses to one another as a result of poor hand washing, uncovered coughs and dense populations. Check out the immunization schedule for all recommended vaccines for ages 7 to 18 at www.cdc.gov/vaccines/schedules/easy-to-read/preteen-teen.htm.



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VACCINES
are not just for kids.

Not Just for Kids

Did you know that adults age 19 and older need a Tdap vaccine for whooping cough if they did not get it as a teen? Adults should also get vaccines for: tetanus / diphtheria every 10 years, shingles at age 60 or older, and pneumonia at age 65. See CDC's adult vaccine schedule for these and other vaccines at www.cdc.gov/vaccines/schedules/downloads/adult/adult-schedule-easy-read.pdf.



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OFF TO THE FUTURE
means vaccines, too.

Off to the Future

Because some diseases can spread quickly in settings like college dorms and classrooms, many colleges and universities have vaccine requirements for school entry. College-age students should get vaccines not yet received in childhood and follow the adult vaccine schedule (see next column), as needed.

