



Brought to you by the Holy Family Health Ministry

August is National Immunization Awareness Month

Stay Up to Date with Vaccines



Vaccines have greatly reduced diseases. Still people become seriously ill or even die from diseases that vaccines can help prevent. It is important that you stay up to date on vaccines. Talk to your health care provider about vaccination to see whether you might have missed any vaccines or need a booster.



Vaccines Are the Best Way to Protect Yourself and Your Loved Ones from Preventable Disease. Vaccines help your body create protective antibodies—proteins that help it fight off infections. Help protect yourself and the people you love by staying up to date on recommended vaccinations.



Vaccines Can Prevent Serious Illness. Seasonal influenza (flu) an annual flu vaccine helps you avoid infection and reduces your chances of being hospitalized or dying. Hepatitis B (HBV) is a potentially deadly viral infection of the liver. There is no cure, but vaccination prevents HBV infection.



The Vaccines You Receive Are Safe. The **Center for Disease Control** and other experts carefully review safety data before recommending any vaccine, then continually monitor vaccine safety after approval. Vaccines can have side effects, but most people experience only mild side effects—if any—after vaccination.





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The Centers for Disease Control and Prevention (CDC) recommends children stay on track with routine vaccinations to help protect them from serious diseases like measles and whooping cough.



Catch up on Checkups and Routine Vaccines

As your family gets back to routines, it's important for your child to catch up on checkups and recommended vaccines to help protect their health now and in the future.



- The doctor **tracks your child's growth and development**
- You can **ask the doctor questions** about your child's health
- Your child **gets recommended vaccinations**

- Routine vaccinations during childhood **help prevent 14 diseases**
- Among children born from 1994-2018, vaccinations will prevent an estimated **936,000 early deaths, 8 million hospitalizations, and 419 million illnesses**

Have questions about vaccines? Talk to your child's doctor.

"You shall serve the LORD, your God; then he will bless your food and drink, and I will remove sickness from your midst" Exodus 23:25

Source: <https://www.cdc.gov/vaccines/>

