



Brought to you by the Holy Family Health Ministry

**August is National Immunization Awareness Month**



**Parents:** As your children head back to school this fall, it is particularly important for you to work with your child's doctor or nurse to make sure they get caught up on missed recommended vaccines.

**Regular check-ups matter:** Seeing the doctor at least once a year helps create an accurate, up-to-date record of your child's growth and development.

- Babies are born with developing immune systems. Following vaccine recommendations for newborns and children ensures they are vaccinated safely, effectively, and before exposure to certain germs.
- Summer physicals help your child's doctor spot new health issues such as a recent injury, food allergy, or difficulties with sleep.
- Regular screenings to check your child's vision hearing, balance, breathing, heart function and more can identify health problems ranging from minor to life-threatening. (<https://www.healthychildren.org/>)

**"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth". 3 John 2**





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- The immune system is the body's defense system to keep you healthy.
- The immune system intersects with almost every aspect of human health and disease.
- When it is functioning correctly, it keeps you from getting sick.
- Vaccines are a way to train the immune system and establish memory ahead of time without the risk of infection, providing effective immunization against specific diseases.

***Both adults and children should stay up to date on their immunizations to stay healthy and prevent infection.***

### **How do vaccines protect us?**

- Vaccines help our immune systems fight infection faster and more effectively.
- They do this by triggering an immune response that trains your body to recognize disease-causing germs and fight them off if they ever invade your body.
- Thanks to vaccines, once-feared diseases such as polio and measles are now rarer threats.
- Staying up to date on vaccines can protect both yourself and those around you by preventing the spread of disease.
- Vaccination is much safer than trying to develop natural immunity from a disease because some diseases can have lasting, damaging effects on your body.

<https://www.aai.org/About/National-Immunization-Awareness-Month>

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