

NATIONAL IMMUNIZATION AWARENESS MONTH

August is National Immunization Awareness Month (NIAM), sponsored by the Centers for Disease Control and Prevention (CDC).

NIAM is an annual observance held to highlight the importance of vaccination for people of all ages. Keep in mind these important messages when thinking about how vaccines can help you and your family and discuss questions with your Community Health Center (CHC) doctor or nurse.

Work with your doctor or nurse to ensure you and your children have all routine vaccines.

- ✓ **PRENATAL:** Talk to your prenatal care provider about recommended vaccines, such as whooping cough (Tdap) and flu.
- ✓ **CHILDREN AND TEENS:** The immunization schedule is designed to provide protection early in life, before children are likely to be exposed to serious diseases. Some vaccines require more than one shot; it's important to get all of them.
- ✓ **ADULTS:** Talk to your CHC provider about any shots you may have missed. Patients with certain health conditions may be at risk from vaccine-preventable diseases.

You have the power to protect against vaccine-preventable diseases.

- ✓ **PRENATAL:** Protect yourself and your baby from serious diseases like whooping cough and flu by getting vaccinated. You can pass on antibodies to help your baby prior to vaccination.
- ✓ **CHILDREN AND TEENS:** Protect your children against serious diseases like measles, cancers caused by human papillomavirus (HPV), and whooping cough. Preteens and teens also need the meningococcal, HPV, Tdap and flu vaccines.
- ✓ **ADULTS:** Vaccines aren't just for kids. Adults may need vaccines to protect against whooping cough, flu, pneumonia, and shingles.

Vaccines are safe and effective at preventing serious diseases.

- ✓ **PRENATAL:** Tdap and flu vaccines help protect you and your baby after birth. Millions of pregnant mothers have flu shots each year.
- ✓ **CHILDREN AND TEENS:** Vaccines work with your child's natural defenses to help them safely develop protection from diseases. Most common side effects, if any, are mild and go away quickly.
- ✓ **ADULTS:** Vaccines are tested before licensing and carefully monitored afterward to ensure their safety. Mild side effects can occur but don't last for long.

Vaccine-preventable diseases are still a threat. Vaccination is the best protection.

- ✓ **PRENATAL:** Flu can be more serious for people who are pregnant because of changes during pregnancy to the immune system, heart and lungs.
- ✓ **CHILDREN AND TEENS:** Children commonly need medical care because of flu, especially younger children. Some vaccine-preventable diseases like chickenpox and whooping cough remain common. It's important to get vaccinated early.
- ✓ **ADULTS:** Even if you received the vaccines as a child, the protection from some vaccines can wear off. Some serious diseases are no longer common, but can still spread.

TO LEARN MORE ABOUT NATIONAL IMMUNIZATION AWARENESS MONTH, VISIT WWW.CDC.GOV/VACCINES/EVENTS/NIAM/.

To find a health center, visit www.chc-ar.org/health-center-list or call **501-374-8225**.

SOURCES: <https://www.cdc.gov/vaccines/events/niam/index.html> • <https://www.cdc.gov/vaccines/events/niam/parents/key-messages.html>
<https://health.gov/myhealthfinder/doctor-visits/vaccines-shots>