August

National Immunization Awareness Month



Immunization helps prevent dangerous and sometimes deadly diseases. To stay protected against serious illnesses like the flu, measles, and tuberculosis, adults need to get their shots – just like kids do.

National Immunization Awareness Month is a great time to promote vaccines and remind family, friends, and coworkers to stay up to date on their shots.

### How can National Immunization Awareness Month make a difference?

We can all use this month to raise awareness about vaccines and share strategies to increase immunization rates with our community.

Here are just a few ideas:

* Talk to friends and family members about how vaccines aren’t just for kids. People of all ages can get shots to protect them from serious diseases.
* Encourage people in your community to get the flu shot every year.
* Invite a doctor or nurse to speak to parents about why it’s important for all kids to get vaccinated.

We all need shots (also called vaccinations or immunizations) to help protect us from serious diseases. To help keep our community safe, Granville schoolnursesare proudly participating in National Immunization Awareness Month.

Shots can prevent serious diseases like the flu, measles, and tuberculosis (TB). It’s important to know which shots you need and when to get them.

Everyone age 6 months and older needs to get a flu shot every year. Other shots work best when they are given at certain ages.

* If you have a child age 6 or younger, [find out which shots your child needs](http://www2a.cdc.gov/nip/kidstuff/newscheduler_le/): <http://www2a.cdc.gov/nip/kidstuff/newscheduler_le/>
* [Find out which shots adults and teenagers need](http://www2.cdc.gov/nip/adultImmSched/): <http://www2.cdc.gov/nip/adultImmSched/>
* [Use this chart for adults to see if you are up to date on your shots](http://www.cdc.gov/vaccines/schedules/downloads/adult/adult-schedule-easy-read.pdf):

<http://www.cdc.gov/vaccines/schedules/downloads/adult/adult-schedule-easy-read.pdf>

* If you are pregnant, check out this recommended immunization schedule: <http://www.cdc.gov/vaccines/pubs/downloads/f_preg_chart.pdf>

Talk to your doctor or nurse to make sure that everyone in your family gets the shots they need.