

## August 2014: Immunization Awareness



### **A Healthy Start!**



A Healthy Start Vaccines give parents the safe, proven power to protect their children from 14 serious diseases before they turn 2 years old. Every dose of vaccine is important to protect against infectious diseases like the flu, measles and whooping cough (pertussis) that can be life threatening for newborns and young babies. You can provide the best protection by following the recommended immunization schedule – giving your baby every vaccine she needs, when she needs it – and by making sure those who will be around your baby are vaccinated, too.

### **Back to School**



Preparing for school means gathering supplies and back packs. It's also the perfect time to make sure children are up to date on their vaccines. Getting all of the recommended vaccines is one of the most important things parents can do to protect their children's health. When children are not vaccinated, they are at increased risk for disease and can spread disease to others in their classroom and community – including babies who are too young to be fully vaccinated, and people with weakened immune systems due to cancer and other health conditions.

Schools are highly susceptible 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.

### **Off to the Future**



Vaccines are not just for children. Immunizations are needed throughout your adult life to help you stay healthy. That's because immunity from childhood diseases may wear off over time, and you may also be at risk for other vaccine-preventable diseases. Getting ready for college or your future career means making sure you are up to date on all doses of the recommended vaccines—both to protect yourself and others around you. Because some diseases can spread quickly in settings like college dorms and classrooms, many colleges and universities have vaccination requirements for school entry.

**VACCINES**  
*are not just for kids.*

We need  
vaccines  
throughout  
our lifetime.

