

AUGUST

IMMUNIZATION AWARENESS MONTH

National Immunization Awareness Month is observed every August to emphasize the importance of vaccinations for people of all ages. Vaccines are a vital tool in protecting individuals and communities from serious diseases. EMR encourages you to speak with your healthcare provider to ensure you and your family are up to date on routine vaccinations.

Why Vaccinations Matter

- **Protect Yourself and Others:** Vaccines not only protect the individual who receives them, but also help prevent the spread of diseases to others, including vulnerable groups such as infants, the elderly, and individuals with weakened immune systems.
- **Public Health Impact:** Vaccines are among the most effective tools for preventing disease and reducing mortality. In the United States, vaccines have greatly decreased the prevalence of illnesses that once caused significant harm. According to the Centers for Disease Control and Prevention (CDC), prior to the COVID-19 pandemic, approximately 50,000 adults died each year from diseases that could have been prevented by vaccination.

Back-to-School Immunizations

As children return to school late August, it is crucial to ensure they are caught up on their well-child visits and recommended vaccinations. Schools, with their dense populations and shared spaces, are particularly susceptible to outbreaks of infectious diseases.

- **Parents:** Work with your child's healthcare provider to review the [CDC immunization schedule](#) for ages 7-18.
- **Adults:** Don't forget to take care of yourself! Stay current on any vaccines you need to maintain your health. Visit www.cdc.gov/vaccines for more information.

Traveling Outside the United States

Traveling abroad may expose you to diseases uncommon in the U.S., such as polio, yellow fever, cholera, malaria, and typhoid.

Travel Tips:

- Ensure you are immunized against diphtheria, pertussis, tetanus, polio, measles, rubella, and mumps. Adults should receive a tetanus booster every ten years.
- Consult your doctor about additional vaccines or medications for your destination, such as malaria prevention or hepatitis immunizations.
- Check vaccination requirements for specific countries through the CDC's **Health Information for International Travel – The Yellow Book** or visit [CDC Travelers' Health](#).

For further assistance, call the CDC Travelers' Information Line at **1-800-CDC-INFO (232-4636)**. For credible information about vaccines and immunizations, visit the CDC website at [CDC Vaccines](#).

Vaccinations are a simple yet effective way to protect yourself, your family, and your community. Take proactive steps today to support your health and safety!

Sources:

- <https://healthylearn.com/connerstrong/immunization-schedule.html>
- <https://healthylearn.com/connerstrong/hn/national-immunization-awareness-month.html>
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