

AUGUST

Immunization Awareness Month



Every August, National Immunization Awareness Month highlights the critical role vaccines play in safeguarding people of all ages from preventable diseases. Vaccinations not only protect the health of individuals, but also the broader community. EMR encourages everyone to consult their healthcare provider to ensure that you and your loved ones are current on recommended immunizations.

The Importance of Vaccines:

- **Protect Yourself and Your Community:** Immunizations not only shield those who receive them, but also help stop the spread of illnesses, especially to vulnerable populations such as infants, seniors, and among those with compromised immune systems.
- **Public Health Benefits:** Vaccines are among the most powerful tools for disease prevention and reducing mortality rates. In the U.S., immunizations have significantly lowered the incidence of diseases that once caused widespread harm. According to the CDC, about 50,000 adults died annually from vaccine-preventable diseases before the COVID-19 pandemic.

Back-to-School Immunizations

As students prepare to return to school in late August, it's important to make sure they are up to date on their well-child visits and required vaccinations. Schools can be hotspots for infectious disease outbreaks due to close contact and shared spaces.

- **For Parents:** Review the [CDC immunization schedule](#) for children ages 7–18 with your child's healthcare provider.
- **For Adults:** Remember to keep your own vaccinations current. Visit [CDC Vaccines](#) for more information.

Immunizations for International Travel

Traveling outside the U.S. may expose you to diseases not commonly found here, such as polio, yellow fever, cholera, and typhoid.

Travel Tips:

- Make sure you are protected against diphtheria, pertussis, tetanus, polio, measles, rubella, and mumps. Adults should get a tetanus booster every ten years.
- Talk to your doctor about any additional vaccines or medications needed for your destination, including malaria prevention medications or hepatitis immunizations.
- Check country-specific vaccination requirements through the [CDC's Health Information for International Travel – The Yellow Book](#) or visit [CDC Travelers' Health](#).

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

Vaccines are a simple and effective way to protect yourself, your family, and your community. Take action today to support your health and well-being!

Sources:

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

Please note: This information is for educational purposes only and is not intended to replace professional medical advice, diagnosis, or treatment. Always consult your healthcare provider for medical concerns. Please refer to your plan documents for specific benefit details and limitations.