

# NATIONAL IMMUNIZATION AWARENESS MONTH

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the important role vaccines play in preventing serious – and sometimes deadly – diseases.

## HOW VACCINES WORK

1. Vaccines introduce a weak or inactive form of the disease to your body.
2. Your body reacts by stimulating the immune system and creating antibodies.
3. If your body is later exposed to the disease, the antibodies can effectively fight it.



## WHY VACCINES MATTER

Immunizations are not just for children. Protection from some childhood vaccines can wear off over time. Adults may also be more at risk for diseases due to age, job, lifestyle, travel or health conditions. Without vaccinations, you and your loved ones are at greater risk of catching a vaccine-preventable disease, including the following:

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|---|---|
|  <b>CHICKENPOX</b>                 |  <b>PNEUMONIA</b>      |
|  <b>HUMAN PAPILLOMAVIRUS (HPV)</b> |  <b>POLIO</b>          |
|  <b>INFLUENZA</b>                  |  <b>SHINGLES</b>       |
|  <b>MEASLES</b>                    |  <b>TETANUS</b>        |
|  <b>MENINGITIS</b>                 |  <b>WHOOPING COUGH</b> |

Getting vaccines at the recommended time is the best way to protect against serious diseases; if you're behind on routine vaccinations, consider getting vaccinated as soon as possible.

During NIAM, contact your health care professional to check on your vaccinations or schedule an appointment.

Lawley