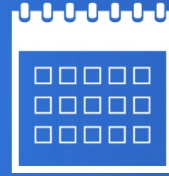




# Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by Lawley



## THE IMPORTANCE OF ROUTINE VACCINATIONS

When we think of vaccines, our minds often turn to childhood immunizations. However, vaccines are equally vital for adults. Protection from some childhood vaccines can wear off over time, and as you age, your ability to fight infections may weaken, resulting in new health risks.

The World Health Organization reports that vaccinations prevent between 3.5 million and 5 million deaths each year from diseases like diphtheria, influenza (flu), measles and tetanus. By staying updated with recommended vaccines, adults can significantly lower their chances of contracting preventable diseases and stay healthier for longer.

This article explores how vaccines work, why they matter and best practices for vaccinations.

### How Vaccines Work

Vaccines stimulate the immune system to recognize and defend against specific pathogens. They typically contain weakened or inactive parts of a virus or bacteria, prompting the body to produce antibodies. These antibodies provide immunity against future exposure to the disease, effectively preventing illness.

Vaccines are safe and effective. The Centers for Disease Control and Prevention (CDC) and experts carefully review safety data before recommending any vaccine and continually monitor it after approval.

### Why Vaccines Matter

Vaccinations are essential to protect against new health risks and shield vulnerable populations. Here are more reasons why routine vaccinations matter:

- **Vaccines have a lifesaving history.** For over 100 years, vaccines have prevented serious diseases that once harmed or killed people of all ages. While some diseases are less common now, they still pose a threat, so staying up to date on vaccines is crucial.
- **Vaccines protect you and your community.** Vaccination is a convenient and safe preventive health care option. By getting vaccinated, you protect your health and prevent the spread of diseases to others in your community. This is essential for those who cannot receive certain vaccines due to age or health conditions.
- **Vaccines prevent serious illness.** Vaccination can prevent severe complications and later illnesses. For instance, annual flu shots reduce infection risk, hospitalization and death from the flu, and hepatitis B vaccines prevent liver damage and cancer caused by the hepatitis B virus.

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- **Vaccines are good for travel.** Getting sick while away can disrupt plans and be costly. Staying current on vaccinations helps you stay healthy during your adventures.

### Recommended Vaccines for Adults

The CDC [recommends](#) that adults be up to date on these routine vaccines:

- COVID-19
- Flu
- Tetanus, diphtheria and whooping cough (known as Tdap) or tetanus and diphtheria (known as Td)

Keep in mind that protection from some childhood vaccines can wear off over time. Furthermore, adults may be more at risk for diseases due to age, job, lifestyle, travel or health conditions. As such, the following vaccines may also be recommended by your doctor:

- Chickenpox
- Meningitis
- Pneumonia
- Polio
- Shingles
- HPV
- Measles, mumps and rubella (MMR)
- Respiratory syncytial virus (RSV)

Getting vaccinated 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.

### Best Practices for Vaccinations

Without vaccinations, you and your loved ones are at greater risk of catching a vaccine-preventable disease. Routine vaccinations protect individuals and the community. Take the following steps to stay on top of your preventive care:

- Educate yourself about vaccines, their benefits and common misconceptions. Reliable sources like the CDC provide accessible information.
- Regularly check with health care providers or public health authorities for recommended

vaccines based on your age, health conditions and lifestyle.

- Keep a personal immunization record to track vaccinations and ensure timely boosters.
- Include vaccinations in your routine health checkups to address gaps in immunization and enhance your overall health.

### Conclusion

As you age, your immune system weakens, making you more susceptible to infections and diseases. Therefore, routine vaccinations are critical for your health and well-being. Prioritizing immunizations and integrating them into your health care routine can help you prevent complications and lead an active life.

For more detailed information on specific vaccines and recommendations, consult a health care professional. They can determine whether you might have missed any vaccines or need a booster.