

August: National Immunization Awareness Month

By Terali Stonehocker, QI Director

National Immunization Awareness Month (NIAM), held each year in August, is a great time to review your family's vaccination records. NIAM was established to encourage people of all ages to make sure they are up to date on the vaccines recommended for them and their family members.

Vaccination is considered to be one of the greatest public health achievements of the last two centuries. Over time, successful vaccination campaigns have contributed to the elimination (or near-elimination) of some diseases in the US.

Eating well, staying active and getting enough sleep are all great ways to help live a healthy lifestyle. But keeping up-to-date with recommended vaccines is an important part of doing everything you can to help protect your family's health.

August is an ideal point in the year to consider seasonal health check-ups, to address the upcoming flu season and back to school time.

Flu season occurs in the winter; but flu outbreaks can happen as early as October and can last as late as May.

Today vaccines can help to protect against 14 diseases before age two, but it is also important to know that vaccines are not just recommended for infants. There are vaccines recommended for school-age children, from preschoolers to college students. Making sure that children receive all their vaccinations on time is one of the most important things you can do as a parent to help protect your children.

It's important to help make sure that everyone in your family gets their recommended shots, at the recommended time.

For more information on vaccines, please contact your medial provider.

Merek supplied a portion of this information.

Prior Hospital Happenings available at <http://www.fcphd.org/news.html>

Ferry County Public Hospital District
Improving Health – Saving Lives



Ferry County Public Hospital District