

August

# IMMUNIZATION AWARENESS

## Why is this important?

Every year thousands of adults in the U.S. become seriously ill and are hospitalized because of diseases that vaccines can help prevent. Many adults even die from these diseases. By getting vaccinated, you can help protect yourself and your family from serious, sometimes deadly, diseases. Some diseases are no longer common in the United States because of vaccination. However, if we stopped vaccinating, the few cases we have in the United States could very quickly become tens or hundreds of thousands of cases.

## What individuals can do :



Get a flu shot every year. Make a plan in late summer and be sure to get your shot by the end of October.



Click [here](#) to find out the vaccines you may need based on your risk factors.



Visit your primary care physician annually and make sure you are up-to-date on all the vaccines you need.

**Sources:** Centers for Disease Control and Prevention.  
<https://www.cdc.gov/vaccines/events/niam/>