

# SUNDAY MORNING

# HEALTH CORNER


## Get Back on Track with Routine Vaccines


**August is National Immunization Awareness Month.**


This month, we highlight the importance of immunizations to protect patients of all ages against vaccine-preventable diseases through on-time vaccinations.

Accurate vaccine information is critical and can help stop common myths and rumors. Concerning **COVID-19 and the new Delta variant**, unvaccinated people should strongly consider vaccinations to prevent severe illness, hospitalizations, and death.

### Four Reasons to Get Immunizations

 **Vaccines will help keep you healthy.** The Centers for Disease Control and Prevention (CDC) recommends vaccinations throughout your life to protect against many infections.

 **Vaccination can mean the difference between life and death.** Vaccine-preventable infections are dangerous. Every year, approximately 50,000 adults die from vaccine-preventable diseases in the US.

 **When you get sick, your children, grandchildren, and parents are at risk, too.** A vaccine-preventable disease that might make you sick for a week or two could prove deadly for your children, grandchildren, or parents if it spreads to them.

 **Vaccines are as important to your overall health as diet and exercise.** Vaccines are one of the most convenient and safest preventive care measures available.



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620 Moorefield Park Drive, Suite 150  
Richmond, VA 23236  
804.644.2256