

SUNDAY MORNING

Health Corner


Get Back on Track with Routine Vaccines


Viruses, bacteria, and other microorganisms are constantly floating about in the air we breathe, and we are likely to be exposed to them throughout our lives. While some of these microorganisms are helpful, others can cause serious sickness or even death.


August is National Immunization Awareness Month.

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

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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