

## August is National Immunization Awareness Month

### “Are You and Your Family Up-To-Date on Your Immunizations?”



August is National Immunization Awareness Month, and HRMS is asking people throughout their client family to check if they and their loved ones are up-to-date on their immunizations. Vaccines are a key to a healthy life for people of all ages and cultures in our community, and we are using this opportunity to remind you of the importance of being up-to-date. In August, parents are enrolling children in school, older students are entering college and adults and the health care community are preparing for the upcoming influenza season. This makes August a particularly good time to focus attention on the value of immunization. Vaccines have been used since the 1700's and are recognized as among the safest and most effective means of preventing life-threatening infections. Vaccines work by telling the person's immune system to prepare itself for possible exposure to disease-causing viruses or bacteria. When the person is actually exposed to the agent, the body knows exactly what to do to fight off the disease. This not only protects the immunized person, but it often limits the bug's ability to

pass from person-to-person. Thus, people who cannot be immunized because of underlying medical conditions or who fail to respond to immunization are still protected by virtue of what is referred to as herd immunity.

The Centers for Disease Control and Prevention (CDC) recommends that children receive vaccines against diphtheria, tetanus, pertussis, measles, mumps, rubella, chickenpox, polio and others. Adolescents should be vaccinated against hepatitis A, hepatitis B and meningococcal disease, and others that may have been missed earlier. Those recommended for adults include vaccines against influenza, tetanus and diphtheria.

Before these vaccines became available these diseases caused tens of thousands of deaths each year in the US. Because today's vaccines are safe and effective, members of our community can, and should be protected by being up-to-date on their immunizations.

## Recommended Immunization Schedule for Persons Aged 7 Through 18 Years

For those who fall behind or start late, see the schedule below — United States • 2010

Vaccine ▼	Age ►	7–10 years	11–12 years	13–18 years
Tetanus, Diphtheria, Pertussis <sup>1</sup>			Tdap	Tdap
Human Papillomavirus <sup>2</sup>		see footnote 2	HPV (3 doses)	HPV series
Meningococcal <sup>3</sup>		MCV	MCV	MCV
Influenza <sup>4</sup>		Influenza (Yearly)		
Pneumococcal <sup>5</sup>		PPSV		
Hepatitis A <sup>6</sup>		HepA Series		
Hepatitis B <sup>7</sup>		Hep B Series		
Inactivated Poliovirus <sup>8</sup>		IPV Series		
Measles, Mumps, Rubella <sup>9</sup>		MMR Series		
Varicella <sup>10</sup>		Varicella Series		

Range of recommended ages for all children except certain high-risk groups

Range of recommended ages for catch-up immunization

Range of recommended ages for certain high-risk groups



Source: [www.cdc.gov](http://www.cdc.gov)