



Office of African American Affairs

VACCINATIONS

National Immunization Awareness Month

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages.

Why are vaccines so important? Here are some reasons:

- Vaccines protect against serious diseases.
- These diseases still exist, and outbreaks do occur.
- Vaccines are recommended throughout our lives.
- Vaccines are safe.

Parents are advised to get their children vaccinated according to the recommended immunization schedule. Disease can quickly spread among children in a variety of settings. To keep your child healthy, check with your child's doctors to ensure they are up to date on [recommended vaccinations](#).

Adults and adolescents should also consider vaccinations. As an unvaccinated adult, you can potentially become seriously ill and spread illnesses to others.

Seniors may need one or more additional vaccines, even if they received vaccines as a child or as a younger adult. Ask your doctor which vaccines are right for you. Don't forget if you are traveling, you may need additional vaccines.

The flu vaccine usually becomes available in mid- to late-August. Getting the vaccine early can help prevent you and your family members from getting the flu throughout all of flu season. You can learn more about the flu vaccine [here](#).

Women who wish to become pregnant should be up to date on vaccines before conceiving. Pregnant women are at increased risk for serious complications from the flu.

Vaccination protects the person receiving the vaccine, but also helps prevent the spread of disease, especially to those that are most vulnerable to serious complications such as infants and young children, elderly, and those with chronic conditions and weakened immune systems.

Remember, it's NIAM! Vaccines are the best defense we have against these and other serious diseases, and it's important to make sure that you're up to date on all recommended vaccines. Use National Immunization Awareness Month as your chance to make sure that all your vaccinations are current.



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