

SUNDAY MORNING HEALTH CORNER

Immunization Awareness Month

August is National Immunization Awareness Month. This month we are highlighting the importance of immunizations to protect patients of all ages against vaccine-preventable diseases through on-time vaccinations. Unfortunately, African Americans are less likely to get vaccinations due to social determinants of health, such as poverty, medical mistrust, and lack of access to resources. Charge the trajectory and get vaccinated.

Five 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.



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.



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



Vaccine-preventable diseases are expensive. An average influenza illness can last up to 15 days, typically with five or six missed workdays.



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.



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GILEAD
INC.

www.balmingilead.org

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