

Community Health Update: Immunization Awareness Month

August is National Immunization Awareness Month, a reminder of how our individual wellness connects us all. From neighbors looking out for one another to families sharing classrooms and community spaces, staying current on routine vaccinations is an easy way we can all keep our communities vibrant, healthy, and safe.

Widespread vaccination remains a cornerstone of public health, eradicating smallpox, and bringing polio to the brink of elimination. Across the country, routine immunizations prevent millions of hospitalizations and protect our most vulnerable community members.



Shots vs. Vaccines vs. Immunizations

While conversations around healthcare can get noisy, navigating the choices becomes easier when we break down the basics. People often use “shot,” “vaccine,” and “immunization” interchangeably, but they represent distinct steps:

- **Shot:** The physical delivery method. An injection can carry many things, from insulin to antibiotics or a vaccine.
- **Vaccine:** The preventive medicine itself. It contains a safe, inactive part of a virus or bacteria (or an mRNA blueprint) that trains your immune system to defend itself.
- **Immunization:** The actual result. This is the process of your body building the necessary antibodies and becoming immune to the illness after exposure to the vaccine.

Workforce & Family Core Protections

To ensure our communities stay resilient heading into the fall and winter seasons, check that your team and family are current on these essential immunizations:

- TDAP / DTAP: Tetanus, Diphtheria, and Pertussis (Whooping Cough)
- MMR: Measles, Mumps, and Rubella
- Annual Flu Shot (Kaiser Permanente will begin offering flu shots in mid-September): Essential for minimizing seasonal workplace absences
- HepA, HepB, and HPV: Vital preventive steps for long-term health

Partner with Your Care Team

The best source for vaccine guidance is your primary healthcare provider. If you have questions about specific requirements for your family or upcoming international business travel, please reach out to your doctor to ensure you are fully protected.

For more information, please visit: [Vaccinations | Kaiser Permanente](#)

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