NATIONAL IMMUNIZATION AWARENESS MONTH

What is it?

August is National Immunization Awareness Month (NIAM) which serves to increase awareness about the importance of vaccines for all ages. National Immunization Awareness Month is a time to ask your doctor questions about vaccines and encourage those around you to get vaccinated to protect themselves and others. In this guide, we hope to bring you resources that discuss the importance of immunizations/vaccines as well as increase awareness of immunizations/vaccines. Please refer to sources and resource sections for more in depth information.



Why is it Important?



- In order to protect yourself and others from serious illness, vaccines are the first step in protection. Although they are not 100% effective, they are one of the most important protective measures against illness.
- Vaccines are among the most successful and cost-effective public health tools to prevent disease and death.
- Vaccines help your immune system fight infections faster and more effectively. When you get a vaccine, it sparks your immune response, helping your body fight off and remember the germ so it can attack it if the germ ever invades again. And since vaccines are made of very small amounts of weak or dead germs, they won't make you sick.
- National Immunization Awareness Month is a time where it is important to educate ourselves and those around us on immunizations. Although any month is an appropriate time to do research and increase our awareness of immunizations, National Immunization Awareness Month reminds us of the importance of doing these things.

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Reasons to Get Vaccinated From the CDC

1. **Vaccines Have Saved Lives for Over 100 Years-But Serious Disease is Still a Threat**
2. **Vaccines Are the Best Way to Protect Yourself and Your Loved Ones from Preventable Disease**
3. **Vaccines Can Prevent Serious Illness**
4. **The Vaccines You Receive Are Safe**
5. **Vaccines May Be Required**

For more detailed descriptions of each of these points refer to CDC's guide: https://www.cdc.gov/vaccines/adults/reasons-to-vaccinate.html

Video Resources

Vaccines 101: Importance of Vaccinations
YourekaScience
https://youtu.be/OG8bU1OJlm8?si=M0nlgTGlO0M34Jx9

How Do Vaccines Work? | Quick Learner
Duke University
https://www.youtube.com/watch?v=_mHo9vGulx8

Childhood Immunization Schedule for Ages | 0-6 Years | AAP
American Academy of Pediatrics
https://www.youtube.com/watch?v=SE5AoRSg2l8&t=45s

Sources and More Information:

- U.S. Customs and Border Protection: August is National Immunization Awareness Month
- CDC: National Immunization Awareness Month (NIAM)
- U.S. Department of Health and Human Services: Vaccines Protect You
- CDC 5 Reasons It Is Important for Adults to Get Vaccinated
- World Health Organization: Vaccines and Immunization: Myths and Misconceptions
- UNICEF: Dispelling Myths and Misconceptions About Vaccines

