

Back to School Health

Where did the summer go? We have a few more weeks to enjoy travels and time with friends and family. Don't forget to schedule a medical, eye, and ear exam for your child. During these visits, it's a good time to ask the doctor questions about your child's health and get recommended vaccinations. Recommendations may change as we age, but the need for protection does not.

Here are ten reasons to get vaccinated:

Vaccine-preventable diseases have not gone away

Viruses and bacteria that cause disease still exist and can be passed on to those who are unvaccinated and unprotected. While many preventable diseases are no longer common in the US, global travel makes it easy for diseases to spread

Vaccines help keep you healthy

The Centers for Disease Control and Prevention (CDC) recommends vaccines throughout your life to help protect against many infections. If you skip vaccines, you may be at risk for diseases including flu, measles, and HPV and hepatitis B—both leading causes of cancer.

Vaccines are as important to your overall health as diet and exercise

Like eating healthy and exercising, vaccines help play a vital role in protecting your health.

Vaccination can mean the difference between life and death

Vaccine-preventable diseases can be deadly. Prior to the COVID-19 pandemic, approximately 50,000 adults died from vaccine-preventable diseases in the US each year. Routine childhood immunizations are estimated to have prevented more than 1 million deaths in US children between 1994–2023

Vaccines are safer than the diseases they prevent

The US has a robust [approval process](#) in place to ensure the safety of all licensed and approved vaccines. Potential side effects associated with vaccines are uncommon and much less severe than the diseases they prevent.

Vaccines do not cause disease

Vaccines contain either killed or weakened viruses, making it impossible for vaccines to give you the diseases they are designed to prevent

Young and healthy people can get very sick, too

Although infants and older adults are at increased risk for serious complications, vaccine-preventable diseases can strike anyone, at any time. If you are young and healthy, getting vaccinated can help you stay that way.

Vaccine-preventable diseases can be expensive

Diseases have a direct impact on individuals and families, and also carry a high price tag for society as a whole, exceeding an estimated \$10 billion per year. An average flu illness can last up to 2 weeks, typically with 5 or 6 missed work or school days. And adults who get hepatitis A lose an average of one month of work. Vaccination is a cost-effective way to save lives.

When you get sick, your children, grandchildren, and parents may also be at risk

Adults are the most common source of pertussis (whooping cough), which can be deadly in infants. Staying up to date on all recommended vaccines helps protect you and your family as well as those in your community who are unable to be vaccinated.

Your family and co-workers need you

In the US, millions of adults get sick from vaccine-preventable diseases each year, causing them to miss work and leaving them unable to care for those who depend on them, including children and/or aging parents.

Taken from: www.nfid.org, letsgetrealaboutvaccines.org