

9 Facts to Share During National Immunization Awareness Month



National Immunization Awareness Month is a great time to spread the word about the importance of vaccines. Each year, vaccines are known to protect individuals from getting seriously ill with diseases. Share these facts from the WHO, CDC, and various other health organizations.

Fact #1: Vaccines Prevent Millions of Deaths

Timely vaccinations — like the MMR shot — are known to prevent between 2-3 million deaths annually from diphtheria, tetanus, pertussis (whooping cough), and measles.



Fact #2: There are 12 Recommended Vaccines

Vaccinations are recommended for adults, especially those who need boosters or are traveling overseas. Some you need every year — like the flu vaccine — and others only once, like the chickenpox vaccine.

Fact #3: Vaccines Stimulate Your Immune System

Just like if you were exposed to the disease, the vaccine you receive for specific diseases stimulates your immune system in order to create antibodies. These antibodies are what protect you and offer immunity without having to get the disease itself.

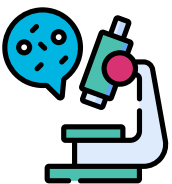


Fact #4: You Can Locate Your Vaccination Records

While there isn't a national vaccination records registry, you can do some detective work to track down your records. Doing so can reduce the chances you are vaccinated twice for the same health concern. Check with your parents for childhood records, your high school or college health services, previous employers, public health clinics, or your state's health department.

Fact #5: Certain Shots Are Suggested for Pregnant Women

Pregnant women are recommended to vaccinate against the flu and whooping cough during each pregnancy. Doing so provides immunity for the baby during the first few months of life when his or her immune system is developing. Hepatitis B and A shots may also be recommended.



Fact #6: Vaccines Are Thoroughly Tested

Prior to the release of any vaccine (with the exception of Emergency Use Authorization vaccines), lengthy testing is required in thousands of individuals to ensure its safety. After it's licensed, vaccines are monitored and any adverse reactions are tracked and reported by every health department nationwide.

Fact #7: Vaccines May Limit the Spread of Antibiotic Resistance

The World Health Organization (WHO) states that vaccinating humans and animals is one way to keep them from getting infected by various diseases that would require antibiotic treatment. Developing new vaccines is one way public health officials and scientists are working on antibiotic resistance.



Fact #8: Vaccines Have Nearly Eradicated Polio

Polio took its toll on thousands of people each year beginning in the 1900s. By 1950, two vaccines had been developed to fight against the disease that paralyzed so many individuals — including many in Africa. By the 1980s, a campaign to eradicate polio began. Thanks to the use of the vaccine in Africa, the country was declared “certified wild poliovirus free.”

Fact #9: Not Everyone Can Vaccinate

The reason it's important for those who can get a vaccine to do so is for the individuals who can't. Some people with weakened immune systems may be unable to get the vaccine against the very disease they may be more prone to catching. But these individuals can be protected if they live among many who are vaccinated — this is called herd immunity.

