

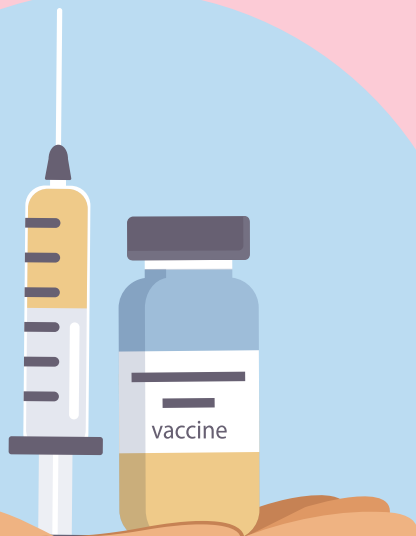
# GET YOUR IMMUNIZATIONS

## PROTECT YOURSELF AND YOUR COMMUNITY

Immunization is the process by which a person is made resistant or immune to an infectious disease, typically through the administration of a vaccine. Vaccines contain the same germs that cause disease; however, they have been either killed or weakened to the point where they do not make you sick. Vaccines stimulate the body's own immune system to protect the person against subsequent infection or disease. Immunization is a proven tool for controlling and eliminating life-threatening infectious diseases.

### WHO SHOULD GET IMMUNIZATIONS?

- Infants and young children
- Preteens and teens
- Adults



Citation: CDC. (2016, May 02). Reasons for Adults to be Vaccinated. Retrieved September 21, 2020, from <https://www.cdc.gov/vaccines/adults/reasons-to-vaccinate.html>

### WHY SHOULD YOU GET AN IMMUNIZATION?

- Some people in your family or community may not be able to get certain immunizations due to their age or health condition. They rely on you to help prevent the spread of disease. This is referred to as herd immunity.
- Vulnerable populations (infants, older adults, and those with weakened immune systems) are at a higher risk for infectious diseases. Help reduce the risk.
- Immunizations are not just for children. Protection from some childhood immunization can wear off over time; meaning in order to continue to be protected you may need the immunization again. Adults may also be at risk for immunization-preventable disease due to age, job, travel, lifestyle, or health conditions.
- Consult your healthcare provider for the immunizations you may need.

### PROTECT YOUR HEALTH THIS FLU SEASON

It's likely that flu viruses and the virus that causes COVID-19 will both spread this fall and winter. Healthcare systems could be overwhelmed treating both patients with flu and patients with COVID-19. This means getting a flu vaccine during 2020-2021 is more important than ever.

While getting a flu vaccine will not protect against COVID-19 there are many important benefits, such as:

- Flu vaccines have been shown to reduce the risk of flu illness, hospitalization, and death.
- Getting a flu vaccine can also save healthcare resources for the care of patients with COVID-19.