

National Immunization Awareness Month

Sponsor: [Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases](#)



Immunizations (also called shots or vaccines) help prevent dangerous and sometimes deadly diseases. Immunization isn't just for kids – to stay protected against serious illnesses like the flu, measles, and pneumonia, adults need to get vaccinated, too.

National Immunization Awareness Month is a great time to promote vaccines and remind family, friends, and coworkers to stay up to date on their shots.

How can National Immunization Awareness Month make a difference?

We can all use this month to raise awareness about vaccines and share strategies to increase immunization rates in our community.

Here are just a few ideas:

- Talk to friends and family members about how vaccines aren't just for kids. Shots can protect people of all ages from serious diseases.
- Encourage people in your community to get the flu vaccine every year.
- Invite a doctor or nurse to speak to parents about why it's important for all kids to get vaccinated.

More information can be found at <https://healthfinder.gov/NHO/AugustToolkit.aspx>