

WHITE PLAINS HOSPITAL

# Take Charge of Your Health

August Is National Immunization Awareness Month

*Are you and your family up to date?*

- **Almost Back-to-School Time!**

Making sure your child is vaccinated according to the recommended schedule is one of the most important things you can do for your child's health.

- **Diseases Can Spread Quickly**

From day care rooms and elementary school classrooms to college dormitories, being in regular, close contact with other people makes it easier for infectious diseases to spread.

- **Vaccines Are For Adults, Too!**

It is recommended that adults get the flu vaccine each year. Talk to your doctor about other vaccines recommended for adults, such as the pneumococcal and shingles vaccines.

- **Packing Your Bags?**

Certain vaccines are recommended for travel to certain areas, such as the hepatitis A, typhoid, and yellow fever vaccines. Learn more at [www.cdc.gov/travel](http://www.cdc.gov/travel).



did you  
know ?

Sponsored by the National Public Health Information Coalition, National Immunization Awareness Month encourages people of all ages to make sure they are up to date on recommended vaccines.