

SEPTEMBER

Immunization Awareness



Immunization Awareness emphasizes the importance of vaccinations for people of all ages. Vaccines are a vital tool for protecting individuals and communities from serious diseases. Remington & Vernick Engineers encourages you to speak with your healthcare provider to ensure you and your family are up to date on routine vaccinations.

Why Vaccinations Matter

- **Protect Yourself and Others:** Vaccines not only protect the individual who receives them, but also help prevent the spread of diseases to others, including vulnerable groups such as infants, older adults, and individuals with weakened immune systems.
- **Public Health Impact:** Vaccines are among the most effective tools for preventing disease and reducing mortality. In the United States, vaccines have greatly decreased the prevalence of illnesses that once caused significant harm. According to the Centers for Disease Control and Prevention (CDC), prior to the COVID-19 pandemic, approximately 50,000 adults died each year from diseases that could have been prevented by vaccination.

Why Vaccinations Matter

As children return to school in late August and early September, it is important to ensure they are up to date with their well-child visits and recommended vaccinations. Schools, with their dense populations and shared spaces, are particularly susceptible to outbreaks of infectious diseases.

- **Parents:** Work with your child's healthcare provider to review the immunization schedule for children and adolescents ages 7–18 at [CDC Immunization Schedule](#).
- **Adults:** Don't forget to take care of yourself! Stay current on recommended vaccinations to maintain your health. Visit www.cdc.gov/vaccines for more information.

Sources:

- healthylearn.com/connerstrong/immunization-schedule.html
- healthylearn.com/connerstrong/hn/national-immunization-awarenessmonth.html
- healthylearn.com/connerstrong/hn/national-immunization-awarenessmonth.html

Traveling Outside the United States

Traveling abroad may expose you to diseases that are uncommon in the U.S., some of which may require vaccines or preventive medications, such as polio, yellow fever, cholera, or malaria prevention.

Travel Tips:

- Ensure you are immunized against diphtheria, pertussis, tetanus, polio, measles, rubella, and mumps. Adults should receive a tetanus booster every ten years.
- Consult your healthcare provider about additional vaccines or medications for your destination, such as malaria prevention or hepatitis vaccines.
- Check country-specific vaccination requirements through the [CDC's Health Information for International Travel](#) (The Yellow Book) or the [CDC Travelers' Health website](#).



For further assistance, call the CDC Travelers' Information Line at **1-800-CDC-INFO** (232-4636). For credible information about vaccines and immunizations, visit the [CDC Vaccines website](#).

Vaccinations are a simple and effective way to protect yourself, your family, and your community. Take proactive steps today to support your health and safety!

Disclaimer: This information is for general educational purposes only and is not a substitute for medical advice. Please consult your healthcare provider or your child's healthcare provider for guidance on recommended vaccinations.