



# ChallengeME MONTHLY MINUTE

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## Monthly topic: **Immunization Awareness Month**



### National Immunization Awareness Month



The month of August recognizes the importance of vaccines for all age groups. Vaccines protect people from dangerous preventable diseases like flu, hepatitis, pneumonia, shingles, and many more. Vaccines help protect you but also the people you love by preventing the spread. Adults could be at risk for vaccine preventable diseases because of their age, job, travel destinations or other health conditions.

- Immunizations currently prevent 3.5 – 5 million deaths every year from diseases like diphtheria, tetanus, pertussis, influenza and measles.
- Vaccine's purpose is to train your immune system to create antibodies like it does when it's expose to a disease. Vaccines only contain killed or weakened forms of the virus or bacteria, so it does not cause the disease or put people at risk for complications.

#### Looking for more information?

CDC's Vaccine Assesment Tool



Immunization Awareness



Immunization Stats and Information



#### Vaccination Recommendations

It is recommended that all adults should get routine COVID-19, flu and tetanus, diphtheria, and whooping cough (Tdap). The table below recommends other vaccines you may need based on age or health conditions. It's important to discuss this with your doctor.

Also, you can use the CDC's [adult vaccine assessment tool](#) to see which vaccines might be recommended for your age, health conditions, job, or lifestyle.

	19-26 years	27-49 years	50-64 years	65+ years
Chickenpox	X			
COVID - 19	X	X	X	X
Flu	X	X	X	X
Hep B	X	X		
HPV	X			
MMR	X	X		
Tdap	X	X	X	X
Shingles			X	X

Be sure to visit the ChallengeME website:



**ChallengeME**  
MaineDOT Healthy Workforce