## **August is:** National Immunization Awareness Month

### ATTENTION ADULTS:

As for children, it's just as important for you to stay up-todate on vaccinations. All adults must keep themselves informed about the immunizations needed later in life to protect themselves, and others, against many common, yet sometimes deadly, diseases.

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info source: ODPHP at healthfinder.gov

# Top 10 Vaccination To-Knows:

Adults need to get shots (vaccines) just like kids do. Make sure you are up-todate on your shots.

9. Get a flu vaccine every year. The seasonal flu vaccine is the best way to protect yourself and others from the flu.

**8.** Get the Tdap shot to protect against tetanus, diphtheria and whooping cough (pertussis).

7. After you get a Tdap shot, get a Td shot every 10 years to keep you protected.

**6.** If you are age 60 or older, you need immunizations to protect against diseases like pneumonia and shingles.

 Keep record of your vaccinations. You may need it for certain jobs or if you travel outside the U.S.

**4.** Immunizations help protect you against diseases that can be serious and sometimes deadly.

**3.** There are several recommended vaccines to have before, during and after pregnancy. Consult your doctor.

**2.** ALL Health+ plans cover more than 10 vaccinations <u>for FREE</u> under preventative care services.

Being immunized doesn't just protect you – it also protects the people around you. Some people in your family or community may not be able to get certain vaccines because of their age or health condition.