

# AUGUST 2019

## National Immunization Awareness Month

Vaccines are important for stopping the spread of diseases for people of all ages, whether it's on the playground or in an office. Without them, preventable diseases can infect you and those around you, causing sickness, hospitalization, and even death. National Immunization Awareness Month promotes the importance of vaccinations for people of all ages.

Some people worry that vaccines will cause long-lasting side effects in the body, but this is not true. The most common side effect is redness around the area where the shot is administered, and the most severe is an allergic reaction to the shot—if this happens, consult your physician immediately.

For more information on National Immunization Awareness Month and how you can help spread the word, visit [www.nphic.org/niam](http://www.nphic.org/niam).



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<a href="#">Children's Eye Health and Safety Month</a> <a href="#">Digestive Tract Paralysis Awareness Month</a> <a href="#">Gastroparesis Awareness Month</a> <a href="#">National Breast-feeding Month</a> <a href="#">National Immunization Awareness Month</a> <a href="#">Psoriasis Awareness Month</a>						
				1	2	3
4 TAKE ACTION Week 1	5	6	7	8	9	10
11 TAKE ACTION Week 2	12	13	14	15	16	17
18 TAKE ACTION Week 3	19	20	21	22	23	24
25 TAKE ACTION Week 4	26	27	28	29	30	31



# AUGUST

National Health Observances 2019

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Some people worry that vaccines will cause long-lasting side effects in the body, but this is not true. The most common side effect is redness around the area where the shot is administered, and the most severe is an allergic reaction to the shot—if this happens, consult your physician immediately.

If your child still needs their vaccinations, here are some tips to help make the experience easier:

- Tell older children what is going to happen and how the vaccination will help keep them healthy.
- Let your child know that it is okay to be scared.
- Try to distract your child while the vaccination is being administered.

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## **Take Action**

Awareness only goes so far toward improving your health—you also need to take action. Use this section to track your weekly progress as you establish your healthier lifestyle.

### Week 1 (8/4-8/10) – **Create a wellness plan**

*What do you want to improve this month? Set a short-term health goal and a plan for achieving it.*

### Week 2 (8/11-8/17) – **Get started**

*Are you ready? Begin your plan and stick to it.*

### Week 3 (8/18-8/24) – **Look for improvement**

*How are you doing? Think about what's working with your plan and if you need to adjust it.*

### Week 4 (8/25-8/31) – **Reflect**

*Did you reach your goal? Consider what worked with the plan and what should change next month.*