

# AUGUST WELLNESS

## TOPICS OF THE MONTH:

### IMMUNIZATION GUIDELINES AND HEAT EXPOSURE



Here are some resources for wellness focus areas for August:

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Do you know when teens should get their tetanus and diphtheria boosters?  
Or if teens need to receive a flu shot?

Click here to quiz yourself, and to learn the answers about questions regarding teen immunizations on the BCBS website:

[Teen Vaccine Quiz](#)

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Immunizations play an important role in keeping you and your family healthy. Tufts Health Plan has provided a link to websites which offer accurate information on adult and childhood immunization schedules.

Click here to review the guidelines:

[Preventive Health and Immunization Guidelines](#)

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As we head into the heat and humidity of August, it is good to be aware of the symptoms of heat cramps, heat exhaustion and heat stroke. For information on symptoms, and to learn about prevention and first aid for these heat-related conditions, click here to reach a link offered through the Harvard Pilgrim website:

[Heat Illness Information](#)

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If you enjoy staying active outdoors during the summer, it is important to take some precautions first. One precaution, which is easy to implement, is paying attention to what you wear in order to account for heat and humidity.

Click here to reach Fallon's website, and find out more about this simple tip:

[Heatstroke Prevention: What to Wear](#)

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Wellness Success Stories from WSHG Members are posted on the West Suburban Health Group Website.

To read these inspiring stories, please click here: [Wellness Success Stories](#)

*West Suburban Health Group Website:* [westsuburbanhealth.com](http://westsuburbanhealth.com)

*West Suburban Health Group Wellness on Twitter:* [@WSHGWellness](https://twitter.com/WSHGWellness)