

AUGUST WELLNESS



The month of August is **National Immunization Awareness Month**

Recommended immunization schedules are listed on the vaccine page of the Center for Disease Control & Prevention website. You will find separate schedules for Birth - 18 years old, Adults 19 and older, and Pregnant Women.

Some people may not realize that vaccines are needed throughout the adult years. Vaccines are given to adults for a number of different reasons. Some are for childhood vaccines which need to be updated in order to stay effective. Others are for diseases that are unique to adults.

Adult immunization recommendations of the Center for Disease Control & Prevention include*:

Influenza (flu) vaccine: for all adults every year.

Tdap vaccine: for all adults once, if they have not received it as an adolescent.

Td (tetanus, diphtheria) booster shot: for all adults every 10 years.

Additional adult vaccine recommendations include*:

Travel vaccines, vaccines for certain health conditions, vaccines for those working in certain jobs, and age specific recommended vaccines.

All CDC vaccine recommendations for adults can be found here:

[What Vaccines are Recommended for You](#)

* It's important to note that some adults should NOT get the recommended immunizations, due to specific health conditions. Always talk with your doctor to determine which vaccines, and when to get them, is right for you.

To learn more about vaccines: talk with your doctor, visit the website for the Center for Disease Control & Prevention: **[Vaccines & Immunizations Page of CDC Website](#)**

or visit one of the WSHG Health Provider Websites listed below.

West Suburban Health Group Website: westsuburbanhealth.com

Health Provider Websites: Fallon: fchp.org Harvard Pilgrim: harvardpilgrim.org

Tufts: tuftshealthplan.com Blue Cross Blue Shield: bluecrossma.com