Promoting Immunizations

Vaccines are one of the most important and effective public health tools available to prevent a variety of diseases across the lifespan. Vaccines teach your body's immune system to recognize and defend against harmful germs, such as viruses or bacteria.

Vaccines don't just protect you. Staying current on recommended vaccinations helps you to stay healthy and also protects those around you who are at greatest risk of serious complications from vaccine-preventable diseases. In addition to getting vaccinated, there are other things you can do to help prevent illness. Talk with your healthcare provider or pharmacist about what immunizations you need.

Aches Antiviral

Chills

Contagious

Instructions:

Find and circle each word in the list. Some letters are used more than once. Words may be diagonal or backward.

word search **Promoting Immunizations**

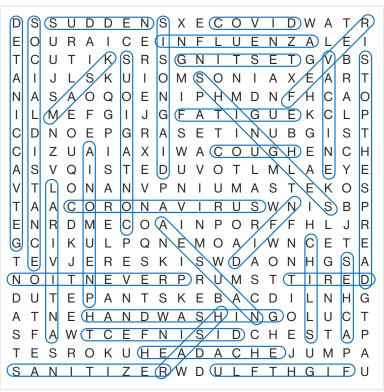
You may not realize you need vaccinations throughout your adult life. Vaccines are important to your health for three reasons.

1. You may be at risk for serious diseases that are still common

in the US. Each year, thousands of adults in the United States get sick from diseases that could be prevented by vaccines – some people are hospitalized, and some even die. Even if you got all your vaccines as a child, the protection from some vaccines can wear off over time. You may also be at risk for other diseases due to your age, job, lifestyle, travel, or health conditions.

2. You can't afford to risk getting sick.

Word Search Answer Key



Even healthy people can get sick enough to miss work or school. If you're sick, you may not be able to take care of your family or other

responsibilities.

3. You can protect your health and the health of those around you by getting the recommended vaccines.

- Vaccines lower your risk of getting sick. Vaccines work with your body's natural defenses to lower the chances of getting certain diseases as well as suffering complications from these diseases.
- Vaccines lower your chance of spreading certain diseases. There are many things you want to pass on to your loved ones; a vaccine-preventable disease is not one of them. Infants, older adults, and people with weakened immune systems (like those undergoing cancer treatment) are especially vulnerable to vaccine-preventable diseases.
- Vaccines are one of the safest ways to protect your health. Vaccine side effects are usually mild and go away on their own. Severe side effects are very rare.

Please contact your healthcare provider, local (county) health department, or pharmacy to schedule an appointment to receive your vaccines.



