

## ARE YOU UP-TO-DATE? VACCINATE!

The National Partnership for Immunization (NPI) has designated August as National Immunization Awareness Month (NIAM). This serves as a reminder to parents, caregivers, health care providers and others that immunizations can improve the health and quality of life for people of all ages. During the month of August people are reminded to immunize because children and students are returning to school or college.

**Why are immunizations important?** Vaccines offer safe and effective protection from various diseases. Immunization (vaccination) is an artificial way of creating immunity to certain diseases. Vaccines stimulate the immune system into reacting as if there were a real infection. The immune system then fights off the "infection" and remembers the organism so it can fight it off quickly if it enters the body at some future time.

**Who should be immunized?** Recommended vaccinations begin soon after birth and are given the first five to six years of life. Other immunizations are recommended during adolescent or adult years and booster immunizations are recommended at various times throughout your life. If you plan to travel outside the United States specific vaccines are available to protect you from certain diseases.

**When are immunizations given?** A recommended childhood immunization schedule is listed below. By The time your child begins kindergarten, they should have had the following:

<b>Immunization</b>	<b>Birth</b>	<b>2 Months</b>	<b>4 Months</b>	<b>6 Months</b>	<b>6-15 Months</b>	<b>12-15 Months</b>	<b>4-6 Years</b>
Hepatitis B (Hep B)	<i>X</i>	<i>X</i>			<i>X</i>		
Diphtheria, tetanus, and pertussis (DTaP)		<i>X</i>	<i>X</i>	<i>X</i>		<i>X</i>	<i>X</i>
<i>Haemophilus influenzae</i> type B (Hib)		<i>X</i>	<i>X</i>	<i>X</i>		<i>X</i>	
Inactivated Polio		<i>X</i>	<i>X</i>		<i>X</i>		<i>X</i>
Pneumococcal (PCV)		<i>X</i>	<i>X</i>	<i>X</i>		<i>X</i>	
Measles, Mumps and Rubella (MMR)						<i>X</i>	<i>X</i>
Varicella or Chickenpox (VZV)						<i>X</i>	

School starts in less than a month. Make you're your little ones are up to date before the school bell rings. Call your local health provider to be sure your child is safe from childhood illness. Parents, don't forget this fall, you too can take the opportunity to protect yourself from influenza by getting your flu shot. If it's good enough for the kids, then it is good enough for you.

For more information regarding vaccinations or other immunization schedules, visit our website at [www.bhsj.org](http://www.bhsj.org), or one of our four offices located in your community at: Coldwater (517) 279-9561, Hillsdale (517) 437-7395, Sturgis (269) 659-4013, Three Rivers (269) 273-2161.

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