



# BETTERS SAFE

WELCOA'S ONLINE BULLETIN FOR YOUR FAMILY'S SAFETY

## THE IMPORTANCE OF IMMUNIZATIONS VACCINES WORK FOR ALL

During the month of April, National Infant Immunization Week (NIIW) and World Immunization Week are recognized. Both emphasize the importance of protecting people with vaccines against diseases and death.

### NATIONAL INFANT IMMUNIZATION WEEK - APRIL 26-MAY 2, 2021

National Infant Immunization Week focuses on protecting children two years and younger from vaccine-preventable diseases and has been doing so for over 25 years. Through immunization, we can now protect infants and children from 14 vaccine-preventable diseases before age two, including polio, whooping cough, the mumps, diphtheria, and chickenpox.

### The Center For Disease Control (CDC) reports that routine childhood immunization among children born from 1994-2018 will prevent:

- » An estimated 419 million illnesses
- » 8 million hospitalizations
- » 936,000 early deaths over the course of their lifetimes
- » Net savings of \$406 billion in direct costs and \$1.9 trillion in total economic impact

### NIIW provides an opportunity to:

- » Highlight the dangers of vaccine-preventable diseases
- » Educate parents about the importance of vaccination in protecting their children



- » Encourage better communication between healthcare professionals and parents about vaccination

The CDC has created a free reference guide to help parents take the stress out of getting vaccinations. You can download it for free here: <https://www.cdc.gov/vaccines/parents/visit/tips-factsheet.pdf>.

### Some of their tips and tricks include:

1. Come prepared: Read any vaccine materials you received from your child's health care provider and write down any questions you may have.
2. Have a distraction ready: Bring a favorite toy or book, pacifier, and a blanket that your child uses regularly to comfort your child.
3. When it comes to older children: be honest with them. Explain that shots can pinch or sting, but that it won't hurt for long. Tell them you have gotten them too when you were their age.

4. At the doctor’s office: comfort your child by cuddling, singing, or talking softly.
5. Smile and make eye contact with your child. Let them know it is okay.
6. Take a deep breath with your child to help them “blow out” the pain.
7. Point out interesting things in the room to your child, see if you can make a game out of it.
8. Your healthcare professional may cool or numb the injection site to reduce the pain associated with your child’s shots.
9. After the shots: encourage your child to drink liquids to stay hydrated. It’s normal for some children to eat less during the 24 hours after getting vaccines.

Doctors also recommend that you pay extra attention to your child for a few days after they get vaccinated. If you see something that concerns you, call your doctor.

**WORLD IMMUNIZATION WEEK -  
APRIL 24-30, 2021**

World Immunization Week is dedicated to promoting the use of vaccines to protect people of all ages against diseases and death and emphasizes the importance of protecting people with vaccines throughout the lifespan and how society can benefit as we collectively pursue this goal. In fact, the CDC reports the total estimated number of deaths averted globally from 2011-2020 with vaccines is 23.3 million.

While NIIW is dedicated to protecting children 2 years and younger, World Immunization Week reminds us that adults need to keep their vaccinations up to date as well. Immunity from childhood vaccines can wear off over time and, as adults, you are at risk for different diseases.

All adults need an annual influenza (flu) vaccine and to stay up-to-date on their Td, DT, DTaP, or Tdap vaccines to protect from tetanus, diphtheria, and pertussis. Depending on your age, health conditions, job, lifestyle, and travel habits, you may need other vaccines. The CDC provides information about what vaccines are recommended for you based on the following categories

that pertain to you: <https://www.cdc.gov/vaccines/adults/rec-vac/index.html>

- » Adults 19-26 years old
- » Adults 50 years or older
- » Adults with Health Conditions
- » Pregnant Women
- » Healthcare Workers
- » International Travelers
- » Immigrants and Refugees

