



BETTERSAFE

WELCOA'S ONLINE BULLETIN FOR YOUR FAMILY'S SAFETY

DON'T FORGET ABOUT THE OTHER VACCINES! Vaccinations to Protect Your Health

Vaccines have become a part of our daily conversations with the pandemic and roll out of Covid-19 vaccines. It's been terrific to see Americans getting vaccinated by the millions to protect their health and the health of others. And it's a good time to keep this momentum going. In the U.S., vaccines have greatly reduced or eliminated many infectious diseases that once routinely killed or harmed infants, children, and adults. However, the viruses and bacteria that cause these diseases still exist and you can still get these diseases if you aren't vaccinated.

YOU MAY BE AT RISK

Every year thousands of adults in the U.S. become seriously ill and are hospitalized because of diseases that vaccines can help prevent. Many adults even die from these diseases. By getting vaccinated, you can help protect yourself from much of this unnecessary suffering.

Even if you received the vaccines you needed as a child, the protection from some vaccines can wear off. You may also be at risk for other diseases due to your job, lifestyle, travel, or health conditions.

YES, VACCINES ARE SAFE

With the roll out of Covid-19 vaccines there was a lot of talk around safety and testing. The Covid-19 vaccines



Talk with your doctor if you have any concerns about your health.

were thoroughly tested, but their release to the market was much faster when compared to traditional vaccines. Most vaccines go through years of testing before the Food and Drug Administration (FDA) licenses them for use. Both the CDC and FDA continue to track the safety of all licensed vaccines.

Vaccine side effects are usually mild and go away in a few days. The most common side effects include soreness, redness, or swelling where the shot was given. Severe side effects are very rare.

Vaccines can lower your chance of getting certain diseases. Vaccines work with your body's natural defenses to help you safely develop immunity to disease. This lowers your chances of getting certain diseases and suffering from their complications. For instance:

- » Hepatitis B vaccine lowers your risk of liver cancer.
- » HPV vaccine lowers your risk of cervical cancer.

- » Flu vaccine lowers your risk of flu-related heart attacks or other flu-related complications from existing health conditions like diabetes and chronic lung disease.
- » Vaccines lower your chance of spreading disease.

Some people in your family or community may not be able to get certain vaccines due to their age or health condition. They rely on you to help prevent the spread of disease.

WHAT DO I NEED?

All adults need immunizations to help them prevent getting and spreading serious diseases that could result in poor health, missed work, medical bills, and not being able to care for family.

All adults need a seasonal flu (influenza) vaccine every year. Flu vaccine is especially important for people with chronic health conditions, pregnant women, and older adults.

Every adult should get the Tdap vaccine once if they did not receive it as an adolescent to protect against pertussis (whooping cough), and then a Td (tetanus, diphtheria) booster shot every 10 years. In addition, women should get the Tdap vaccine each time they are pregnant, preferably at 27 through 36 weeks.

Getting recommended vaccines can give you some peace of mind. You will have the best possible protection available against a number of serious diseases. Make sure to talk with your doctor about the vaccines you should safely receive based on your health or other conditions.

