

# HealthyBy Choice

...One Day at a Time

Volume 16 Issue 8 • August 2021



## National Immunization Awareness Month

There has been a lot of information and focus on the **COVID-19 VACCINE** this year and the CDC recommends that everyone age 12 and older get this vaccine to protect them from COVID-19.

During **National Immunization Awareness Month**, we want to remind everyone that there are other vaccinations we need to help prevent other serious illnesses.

While many serious diseases are no longer common in the United States thanks to vaccines, these diseases still exist and can spread when people aren't vaccinated.

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.

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 and your family from serious, sometimes deadly, diseases.

Use this link to the Adult Vaccine Assessment Tool to find out what vaccines are recommended for you.

<https://www2.cdc.gov/nip/adultimmsched/>

**You have the power** to protect yourself against serious diseases like shingles, pneumonia, and flu.

Vaccines work with your body's natural defenses to help safely develop protection from diseases.



## Your Immune System Fights for You!

Here are some ways to support it!

- Get adequate sleep quality and quantity
- Manage health conditions
- Eat the proper nutrition
- Achieve adequate physical activity
- Manage stress/anxiety
- Form and maintain healthy relationships
- Get adequate sunshine exposure
- Enjoy laughter



Healthy Immune System...Healthy Body!



# HealthyBy Choice

...One Day at a Time



## COVID-19 VACCINES

Vaccines to help prevent serious illness from COVID-19 are available for anyone 12 years of age and older. At this time, there are 3 vaccines that have received emergency authorization for use in the United States.

Speak to your healthcare provider about getting your vaccine.

Vaccine Manufacturer	Recommended For	Dosage	Common Side Effects	How it Works	Efficacy
Pfizer-BioNTech	Age 12 and older	2 shots 21 days apart	Chills, headache, pain, tiredness, redness/swelling at injection site	Messenger RNA	95% efficacy against symptomatic illness 7 or more days after 2 <sup>nd</sup> dose – considered fully vaccinated after 2 weeks by CDC
Moderna	Age 18 and older Still testing ages 12-17	2 shots 28 days apart	Chills, headache, pain, tiredness, redness/swelling at injection site	Messenger RNA	94.1% efficacy against symptomatic illness 14 days after 2 <sup>nd</sup> dose
Johnson & Johnson	Age 18 and older	1 shot	Fatigue, fever, headache, injection site pain, muscle pain Other clinical considerations for women younger than 50	Carrier vaccine – a shell produced to carry genetic code	72% efficacy overall 14 days after shot 86% efficacy against severe disease 28 days after shot

STRONGER  
*Together*



We Can Do This!

