

VACCINES ARE FOR EVERYBODY

Children (0-18 years old)

Deaths from measles, a illness that kills children, declined by 80 percent worldwide between 2000 and 2017 preventing an estimated 21.1 million deaths. Vaccines protect kids from serious fatal illnesses, such as measles, mumps and rubella. Vaccines will not only protect your kids, but also your family, friends and community.

Adults (Ages 18+)

Vaccines are not just for kids. In the United States 50,000 to 90,000 adults die from vaccine preventable diseases. Vaccines are for protection and they can stop the spread of disease in your community. Don't forget vaccines do expire! It's important to check if you'll need a booster shot when it expires.

Elders (65+)

As we age our immune system weakens and it can be difficult to fight off illness and disease. If you're diagnosed with other health conditions, such as diabetes, getting vaccinated is crucial for your protection.

Vaccines for Elders
Flu vaccine
Pneumococcal vaccine
Shingles vaccine
Tetanus-diphtheria-pertussis vaccine (Tdap).



Please refer to the CDC's website for more info:
<https://www.cdc.gov/vaccines/>

TRUE OR FALSE?

Vaccines contain harmful ingredients. **FALSE**

Vaccines are tested and approved by the FDA. Added ingredients allow for safe administration by preventing contamination.

Vaccines cause autism, sudden infant death syndrome (SIDS), or the disease itself. **FALSE**

Vaccine reactions are usually temporary and minor (e.g. fever or sore arm). There is no evidence that vaccines can cause autism or SIDS. You are much more likely to become seriously ill by a vaccine-preventable disease than by the vaccine itself.

I don't need to vaccinate my child because all the other children around them are already immune. **FALSE**

Herd immunity occurs when most of a community is immunized against a contagious disease, reducing the chance of an outbreak. Infants, pregnant women, and people with weakened immune systems cannot get vaccines. They rely on herd immunity for protection. If many people rely on herd immunity to prevent illness herd immunity will be lost.

Source: American Academy of Allergy, Asthma, and Immunology

VACCINES & WHY THEY ARE IMPORTANT FOR YOUR HEALTH



IMMUNIZATION AWARENESS



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All about Flu Season

When is flu season?

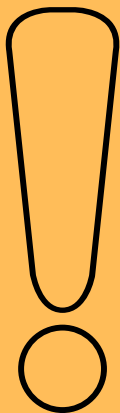
Flu season begins in the fall and can last until May. The highest flu virus activity is seen between the months of December to February.

Is there a new flu virus this year?

The flu virus changes every single year that's why a new vaccine comes out every year.

Should pregnant women be getting the flu vaccine?

Yes, the CDC recommends all pregnant women to receive flu shots. The vaccine will not only protect the mother but also the baby.



The flu vaccine expires after every flu season and the FDA approves a new vaccine for the next flu season. This is why it's important to get a new vaccine every year. **Last year's vaccine will not protect you!**

Flu (Influenza)

What is the flu?

Influenza (the flu) is an upper respiratory infection that is caused by a virus. Some cases of the flu can be deadly for adults and children. Thousands of people die from the flu or flu-related complications each year. That's why getting the flu vaccine is important for protection.

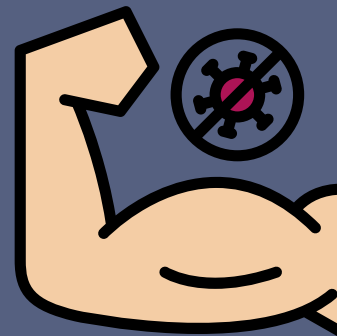
Who should be getting the flu vaccine?

The CDC recommends everybody 6 months and older should be getting the vaccine every year.

When should you be getting the flu vaccine?

The CDC recommends getting the flu vaccine by the end of October, before flu season.

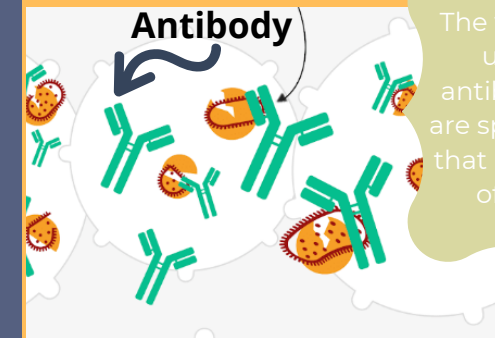
Talk to your provider if you have questions or concerns regarding your eligibility for a vaccine.



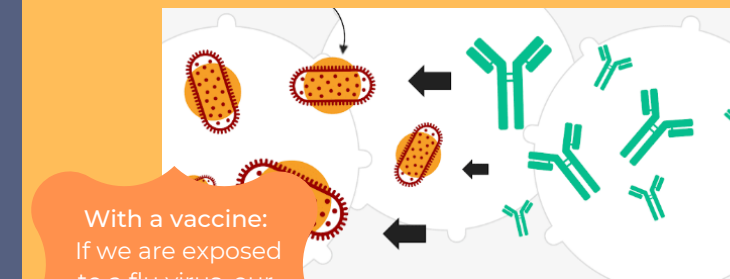
Content source: Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases (NCIRD)

How does the flu vaccine work?

Vaccine introduces an inactive form of the virus to the body and the immune system responds by producing anti-bodies.



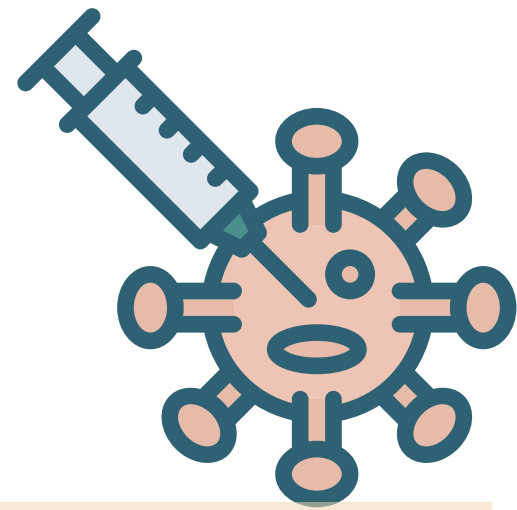
The vaccine helps us produce antibodies; which are special proteins that attack and kill off the virus.



With a vaccine:
If we are exposed to a flu virus, our bodies will be able to use those antibodies and prevent illness.

Without the vaccine:
We are NOT protected. If you are exposed to the flu virus your body will respond slower to the infection and this can lead to serious illness.

Immunization Awareness Lestonnac Free Clinic



Flu (Influenza) Vaccine

CDC recommends getting the vaccine at the **end of October**.

Influenza (flu) is an **upper respiratory infection** that is caused by a virus.

In 2019 the CDC estimates that influenza was associated with:

- 35.5 million illnesses**
- 16.5 million medical visits**
- 490,600 hospitalizations**
- 34,200 deaths**

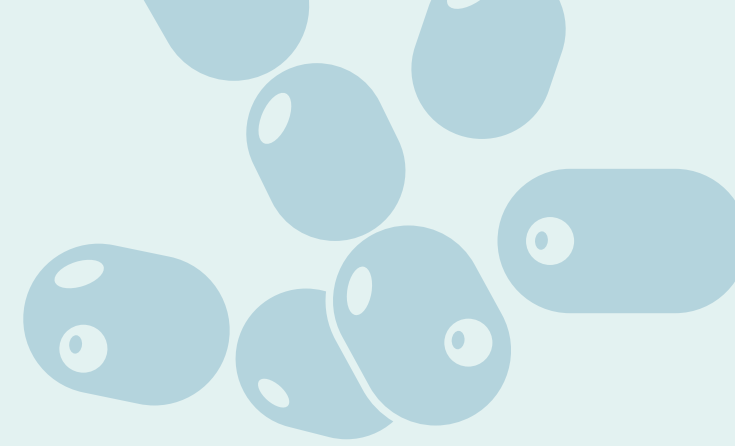


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Source Centers for Disease Control
and Prevention (cdc.gov)

Tdap

Prevents **tetanus, diphtheria, and pertussis**.



Measles, Mumps and Rubella (MMR)

All three are viral diseases that can be serious and sometimes fatal.



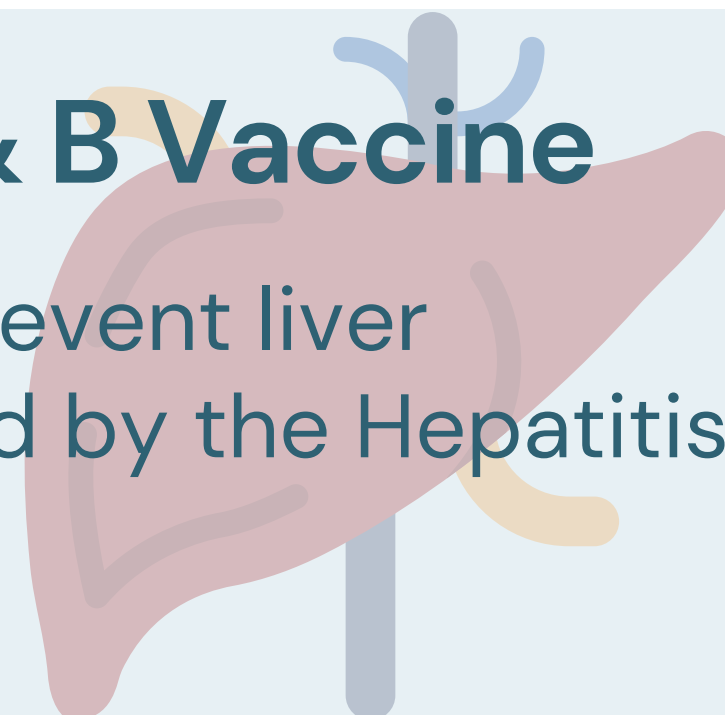
Varicella

Varicella vaccine can **prevent chickenpox**. A common symptom is an itchy rash that lasts about a week.



Hepatitis A & B Vaccine

Both vaccines prevent liver infections caused by the Hepatitis A & B virus.

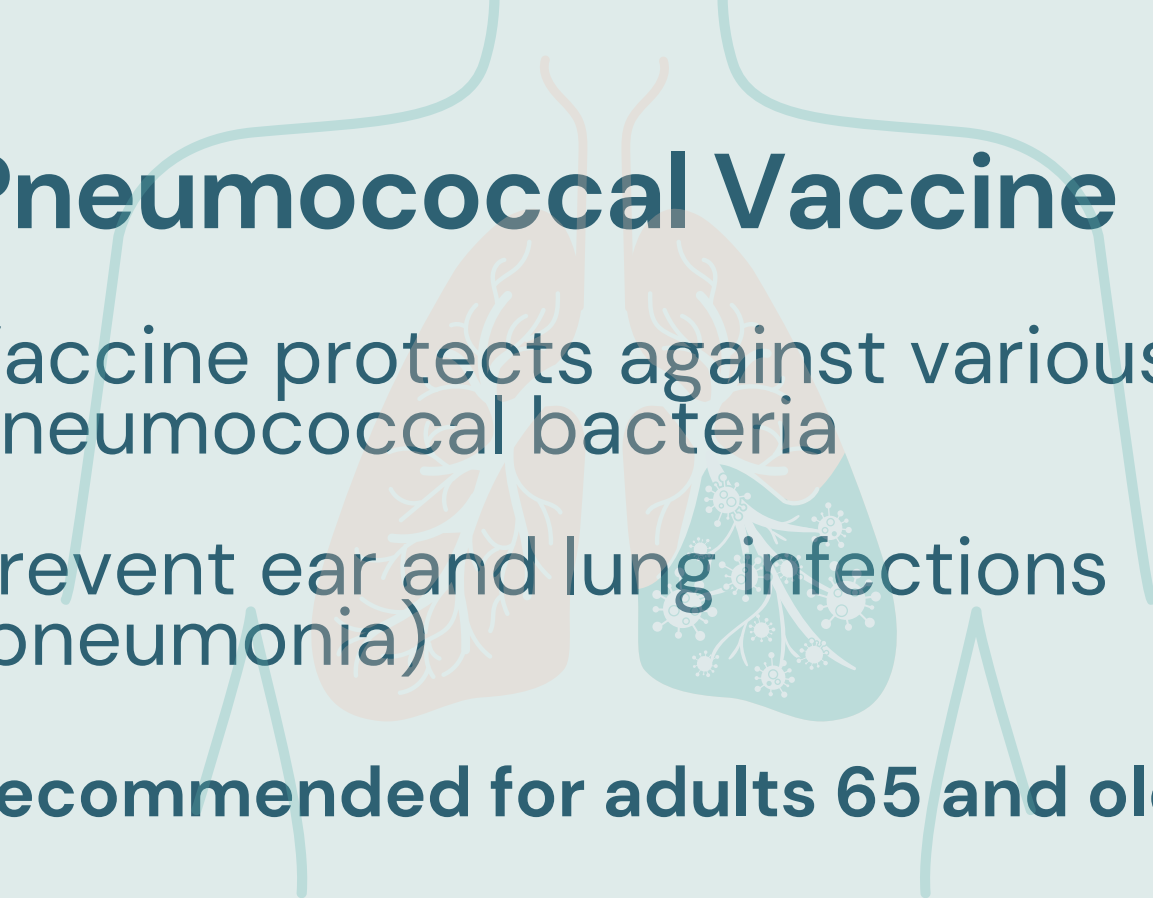


Pneumococcal Vaccine

Vaccine protects against various pneumococcal bacteria

Prevent ear and lung infections (pneumonia)

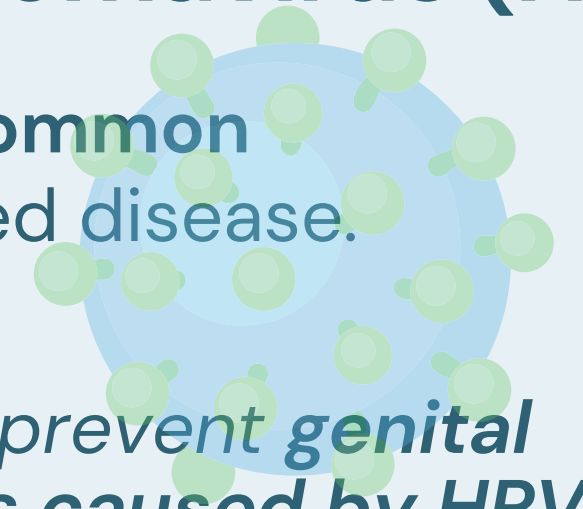
Recommended for adults 65 and older



Human papillomavirus (HPV)

HPV is the **most common** sexually transmitted disease.

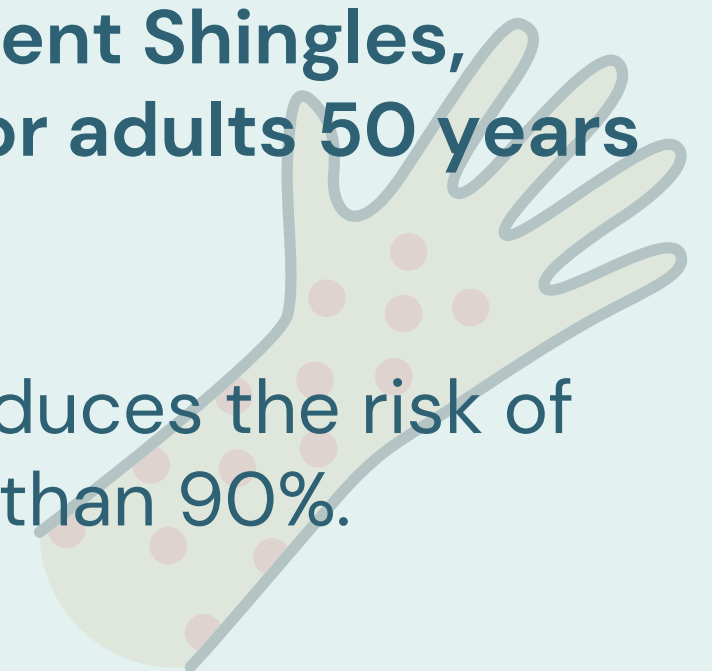
*HPV vaccines can prevent **genital warts and cancers** caused by HPV*



Shingles Vaccine (Shingrix)

Vaccine can prevent **Shingles**, recommended for adults **50 years and older**.

FACT: Vaccine reduces the risk of shingles by more than 90%.



Vaccines For Pregnant Women

Flu vaccine and Tdap are routinely recommended during pregnancy.

