

August



national #NIAM15
IMMUNIZATION
awareness month 

Immunization helps prevent dangerous and sometimes deadly diseases. To stay protected against serious illnesses like the flu, measles, and pneumonia, adults need to get their shots – just like kids do.

National Immunization Awareness Month is a great time to promote vaccines and remind family, friends, and coworkers to stay up to date on their shots. Don't Wait – Vaccinate!!!



*We can all use this month to raise awareness about vaccines and share strategies to increase immunization rates with our community. **Vaccines are for all of us – from babies to older adults.** Talk to your healthcare provider about vaccines you may be due for. Stay up to date on all recommended vaccines to protect yourself and the people around you. Keep a copy of your immunization record in a safe place.*

FRRH offers all age-appropriate immunizations as recommended by the CDC.