

## National Immunization Awareness Month and National HPV Vaccination Week 2022

August is National Immunization Awareness Month (#NIAM), and August 1<sup>st</sup> – 7<sup>th</sup> is HPV (human papillomavirus) Vaccine Week. The County of San Diego wants to remind everyone of the critical role vaccinations have in protecting our health and the community's health. Now is a great time to contact your healthcare provider and ensure you are up to date with your vaccines. If you do not have a healthcare provider, call [2-1-1 San Diego](https://www.211san.org/) to find a healthcare provider near you. Everyone needs vaccines throughout their lifetime to protect themselves from diseases. Vaccines and boosters are recommended at different stages in life to keep your immune system strong. They build immunity in the body to help us fight off infections.

### Who needs vaccines and why?

- Vaccines are recommended for [pregnant women](#) to provide immunity and protection for the mother and her baby from diseases during pregnancy and after birth.
- [Infants](#) cannot fight diseases on their own. They need vaccines at birth, 2, 4, 6, and 12-15 months. Once fully vaccinated, infants are protected from 14 serious diseases.
- Some vaccines require multiple doses to build immunity. [Young children](#) ages 2-6 should receive additional vaccines for the best protection.
- [Children and Teens](#) are active at school, sports, and other activities and need vaccines to protect from disease exposure. Vaccines are also required to attend most schools in California. HPV Vaccine Week also reminds us to promote HPV vaccinations in adolescents.
- Vaccines and boosters are needed for [Adults](#) to keep them protected. The protection provided by vaccines wears off over time. Additional vaccines may also be recommended based on a person's job, lifestyle, or travel plans.
- [Older adults](#) struggle to fight off infections and are more likely to get sick. They may also have health conditions that increase their risk. Vaccines help increase immunity to help keep them healthy.

COVID-19 has highlighted the critical role vaccines play in keeping us healthy. We have all experienced what it is like to be vulnerable to illness. This pandemic reminds us of how serious diseases are and the impact they can have when people do not have protection through natural immunity or vaccines. Diseases affect our health, our well-being, and our community. Vaccines are available to help prevent many diseases. Make sure you are protected and up to date on your vaccines. Persons ages 6 months and older are now eligible to receive a COVID-19 vaccine for Pfizer-BioNTech (Pfizer) and Moderna, and ages 18 years and older for Janssen/Johnson & Johnson (J&J) and Novavax. To learn more visit, the [COVID-19 Vaccine Eligibility](#) webpage.

Join us in these observances to raise awareness about immunizations and the value of getting vaccinated. Promoting vaccines and vaccinations contributes to the *Live Well* vision of creating a Healthy, Safe, and Thriving San Diego County. Get immunized for your health, family, and community. Stay healthy San Diego!

### Resources

- Visit our [National Immunization Awareness Month](#) webpage to learn more about NIAM.
- Visit the [California HPV Vaccination Roundtable](#) website to learn more about HPV Vaccine Week.