



National Immunization Awareness Month

August is National Immunization Awareness Month.

We all play a role in highlighting the importance of routine vaccinations for people of all ages and stages.



Learn About Vaccines

Vaccines (also called immunizations) work by helping the body learn how to spot and respond to a disease without getting sick. Vaccines are:

- **Safe** and carefully tested before approved for use. This includes all the ingredients in a vaccine.
- **Effective** at protecting your health and reducing disease, disability, and death. The more widespread vaccination is, the more protected your community is from contagious diseases.
- **Recommended** at all ages and stages.
 - As children head back to school this fall, make sure they catch up on health check-ups and vaccines to stay healthy and ready to learn.
 - Adults need routine vaccines too! Make sure they are up to date on COVID-19, flu, Tdap (tetanus, diphtheria, and whooping cough), and other vaccines.
- **Covered** by health plans, including Medi-Cal managed care plans and insurance companies, in most instances. Immunization services are also available at County Public Health Centers.

Stay Up to Date

There are many ways to get your recommended vaccines:

- Talk to your doctor.
- Visit [MyTurn.cdph.ca.gov](https://myturn.cdph.ca.gov) to find a vaccine location near you.
- Go to a pharmacy
- Find a [San Diego County Public Health Center](#).

Contact 2-1-1 if you do not have a healthcare provider.

Raise Awareness

Visit sdiz.org for information and resources, including flyers, images, and suggested captions to promote vaccines with your networks and in your social media, websites, and newsletters.

