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August Snippets

Immunization Awareness Month

Immunizations are NOT just for children

Every year, tens of thousands of adults in the United States suffer serious health problems, are hospitalized, or even die from vaccine-preventable diseases or their complications.

On average:

- 226,000 people are hospitalized due to influenza and between 3,000 and 49,000 die, the majority of which are adults.
- 900,000 people get pneumococcal pneumonia leading to as many as 400,000 hospitalizations and 19,000 deaths.

August has been recognized as National Immunization Awareness Month to remind people of the importance of immunizations throughout life. Some common vaccinations for adults help protect against diseases like influenza, whooping cough, tetanus, shingles and pneumococcal disease. The specific vaccines adults need are based on factors such as:

- Age
- Lifestyle
- Risk conditions
- Locations of travel
- Previous vaccines

We encourage you to speak with your health care provider to ensure you are up to date on your vaccinations. Make sure to record your appointments in your SimplyWell member portal to help you track your vaccination history.

Source: [National Public Health Information Coalition](#)