

Wellness Tidbits

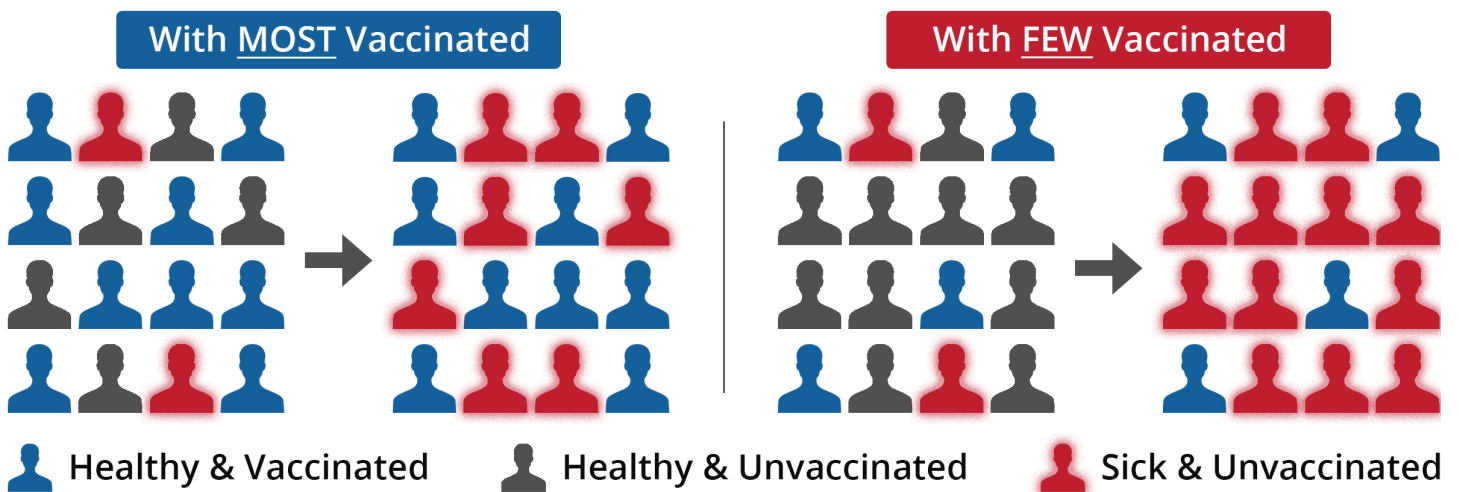
August is National Immunization Awareness Month



IMMUNIZATION: THE HERD EFFECT

Deadly diseases such as measles, polio and pertussis (whooping cough) that once ravaged communities have reached near disappearance in modern society due to the advancement of nutrition, hygiene, sanitation and modern medicine, which includes both vaccinations and antibiotics. Yet, every year hundreds of thousands of people continue to suffer from diseases that could be prevented by vaccines.

Receiving regular vaccinations not only helps to guard you from getting sick, it also helps to stop the spread of disease to those who are at higher risk, such as infants, elderly and those with weakened immune systems. This can be depicted in what is called the “herd effect.”



Although National Immunization Awareness Month provides an opportunity to highlight the value of immunization, we encourage you to speak with your healthcare provider to determine the best course of action for you against disease.

Resources: <https://www.publichealth.org/public-awareness/understanding-vaccines/>, <http://www.pbs.org/wgbh/nova/body/herd-immunity.html>, <https://www.cdc.gov/vaccines/parents/tools/parents-guide/parents-guide-part4.html>

Join the Monthly TSHBP Fitbit® Challenge!

How to Play

- 1) Read the article above.
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

Question

True or False:
Being vaccinated helps stop the spread of certain diseases.

**ANSWER FITBIT®
CHALLENGE HERE!**

