

August Health and Wellness Observances

The Health & Well-being Interest Group has reviewed several sources of information on national health-related observances held throughout the year, with the objective of selecting activities of interest to our employer members. These tools, educational resources and other relevant information are shared with our members in advance to support their workforce education and communication activities. The spotlighted observance for August appears below and in the Members Only section at www.gpbch.org.

NATIONAL IMMUNIZATION AWARENESS MONTH



People of all ages can protect their health with on-time vaccination.

[National Immunization Awareness Month](https://www.cdc.gov/vaccines/events/niam/index.html) (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages. [The Centers for Disease Control and Prevention](https://www.cdc.gov) (CDC) offers free resources to assist you in communicating about vaccinations during August and throughout the year. Visit <https://www.cdc.gov/vaccines/events/niam/index.html> to learn more.

The Center for Disease Control and Prevention (CDC) recommends that adults should get:

- Flu vaccine every year to protect against seasonal flu
- Td/Tdap to protect against tetanus, diphtheria, and pertussis (whooping cough)

Based on your age, health condition and other factors, you may need additional vaccines. The CDC has a full list of adult vaccines at <https://www.cdc.gov/vaccines/adults/rec-vac/index.html>.

Adults can get vaccines at doctors' offices, pharmacies, workplaces, community health clinics, health departments, and other locations. To **find a place near you** to get a vaccine, visit the CDC's website: <https://www.cdc.gov/vaccines/adults/find-vaccines.html>.

Learn how you can protect your children from vaccine preventable diseases as recommended by the CDC: <https://www.cdc.gov/vaccines/parents/index.html>.

The Vaccines for Children Program provides **free vaccines** for children who might not otherwise be vaccinated for inability to pay. <https://www.cdc.gov/vaccines/programs/vfc/index.html>

Communication toolkits to promote National Immunization Awareness Month are available at <https://www.cdc.gov/vaccines/partners/index.html>.

[Click here to access the updated August Spotlighted Observance](#) – The Vaccination Hub! This document is a ready-to-distribute flyer for your employees and colleagues.

Vaccines for COVID-19: The CDC provides many resources on the COVID-19 vaccine. [Click here](#) to access information on: getting your vaccine, after vaccine, vaccination for specific groups, and vaccine data.