

ARE YOU READY to have a healthy school year?

August is National Immunization Awareness Month. The Centers for Disease Control and Prevention and the National Immunization Program have a campaign every year for National Immunization Awareness Month. This year, the campaign slogan is “Are You Up-to-Date? Vaccinate!” Especially as children are returning to school, it’s extremely important to remember the necessity of receiving immunizations to prevent disease in citizens of all ages.

ARE YOU READY? --Plan – Prepare – Practice – Stay Informed--

Plan. What are some steps you can take to ensure a healthy year for you and your children?

- Be sure all immunizations are up-to-date for all family members, especially the young and elderly.
- Have a family meeting discussing the importance of handwashing while at school and other public places. (Handwashing is a simple, important way to prevent the spread of disease.)

Prepare. Put together items that you may need at home to keep your family healthy.

- Have plenty of fruits and vegetables, especially citrus fruits high in Vitamin C, to help boost the immune system.
- Be sure there is soap at every sink in the house. It is best to use ‘plain’ soap, as antibacterial soap can actually lead to more resistant bacteria (“super bugs”). Hand sanitizer is okay, too.

Practice. Enforce good health behaviors at home, where children are most likely to learn and accept lifestyle activities.

- Follow healthy eating habits and a balanced diet for your family; our bodies need nutrients to fight disease and remain healthy.
- Remember proper handwashing techniques.

Stay Informed. Keep in contact with your doctor to be sure that your family’s immunizations stay up-to-date.

Resources:

- For more information about immunizations, check these websites:
 - Minnesota Department of Health website at <http://www.health.state.mn.us/divs/idepc/immunize/index.html>
 - The Centers for Disease Control and Prevention website at <http://www.cdc.gov/nip/events/niam>
- You can also contact CDC at NIPINFO@cdc.gov or 1-800-CDC-INFO (1-800-232-4636)