

Be Wise... IMMUNIZE



We all need immunizations to help protect us from serious diseases.

Children

Vaccine-preventable diseases can be very serious; especially in infants and young children. Vaccines are necessary. Delaying or skipping vaccines puts a child at increased risk of developing a vaccine-preventable disease.

Adolescents

The risk of certain vaccine-preventable diseases such as Pertussis and Meningitis increases in adolescence. Yet many adolescents are not vaccinated as recommended, leaving them vulnerable to illness and possibly even death.

Adults

Adults need vaccinations, too, to protect themselves and those around them from preventable diseases like influenza, tetanus, pertussis, pneumonia.



The flu or influenza, is a highly contagious respiratory virus. It can lead to life threatening complications. The single best way to protect yourself and others from getting sick from influenza is to get a flu vaccination each year.



To help keep our community safe, **Community Health Centers of Lane County** is proudly participating in National Immunization Awareness Month. Talk to your doctor or nurse to make sure that everyone in the family gets the shots they need.