



LiveHealthy

Give it a shot!

August is National Immunization Month

Shots may hurt a little, but the diseases they can prevent are a lot worse. Immunizations protect against illnesses such as measles, mumps, rubella, hepatitis B, polio, diphtheria, tetanus, and pertussis (whooping cough). They are important for adults as well as children.

Your immune system helps your body fight germs by producing substances to combat them. Once it does, the immune system "remembers" the germ and can fight it again. Vaccines contain germs that have been killed or weakened. When given to a healthy person, the vaccine triggers the immune system to respond and thus build immunity.

Before vaccines, people became immune only by actually getting a disease and surviving it. Immunizations are a less risky way to become immune.

Vaccines are safe

Vaccines are tested and monitored. Vaccines are tested before being licensed by the Food and Drug Administration (FDA). Both The Centers for Disease Control and Prevention (CDC) and FDA continue to monitor vaccines after they are licensed.

Vaccine side effects are usually mild and temporary. The most common side effects include soreness, redness, or swelling at the injection site. Severe side effects are very rare.

Vaccines are one of the safest ways to protect your health and the health of others around you. Even people taking prescription medications can be vaccinated.

However, if you are pregnant or have a weakened immune system, speak with your doctor before being vaccinated, as some vaccines may not be recommended for you.

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By the numbers

Vaccine-preventable diseases cause long-term illness, hospitalization, and even death. In the United States:

- Each year, on average, more than 200,000 people are hospitalized due to influenza and up to 49,000 people die of influenza and its complications, the majority are among adults.
- About 900,000 people get pneumococcal pneumonia every year, leading to as many as 400,000 hospitalizations and 19,000 deaths.
- 700,000 to 1.4 million people suffer from chronic hepatitis B, with complications such as liver cancer.
- HPV causes over 27,000 cancers in women and men each year. About 4,000 women die each year from cervical cancer.

Speak with your doctor about any immunization questions.

You can also contact the CDC Contact Center at 800.CDC.INFO (800.232.4636) for English and Español.

Vaccines recommended for you

- Immunizations are not just for children. Protection from some childhood vaccines can wear off over time. You may also be at risk for vaccine-preventable diseases due to your job, lifestyle, travel, or health conditions.
- Some vaccines may be recommended to you based on your age. Regardless of age, all adults need immunizations to help them prevent getting and spreading serious diseases that could result in poor health, missed work, medical bills, and not being able to care for family.
- Newborn babies are immune to many diseases because they have antibodies, a substance produced by the body to fight disease, from their mothers. However, this immunity goes away during the first year of life.
- If an unvaccinated child is exposed to a disease germ, the child's body may not be strong enough to fight the disease. Before vaccines, many children died from diseases that vaccines now prevent, such as whooping cough, measles, and polio. Those same germs exist today, but because babies are protected by vaccines, we don't see these diseases nearly as often.
- Immunizing individual children also helps to protect the health of our community, especially those people who cannot be immunized (children who are too young to be vaccinated, or those who can't receive certain vaccines for medical reasons), and the small proportion of people who don't respond to a particular vaccine.

For a list of diseases that can be prevented by vaccines, click [here](#).

Source: NIH.gov/CDC.gov

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Recipe Row: *Wild Rice Salad*

1 cup hazelnuts, chopped
1 cup dried sweetened cranberries
1/2 cup fresh orange juice
2 tablespoons shallots, chopped
1 garlic clove
1 tablespoon balsamic vinegar
1 tablespoon plum vinegar
1 teaspoon maple syrup
1/4 cup extra virgin olive oil
4 cups wild rice, cooked
1 1/2 cups fresh parsley, chopped

Directions: Preheat oven to 350 degrees. Bake hazelnuts on sheet tray for 15 minutes, stirring a few times for even toasting. Immediately pour toasted nuts on towel. Fold towel and rub vigorously to remove as much of the skin as possible. Roughly chop and set aside. Toss cranberries with orange juice and pinch of salt. Let stand, stirring occasionally for 15 minutes to soften. Whisk together shallots, garlic, balsamic vinegar, plum vinegar, and maple syrup. Drizzle in oil while whisking to emulsify dressing. Season with pinch of salt and pepper. Toss dressing with the cooked wild rice, parsley, hazelnuts, and cranberries (including extra orange juice). Season with salt & pepper. Serves 8

More recipes:
capitalbluestore.com/blog/Recipes.