

IMPORTANCE OF STAYING UP TO DATE WITH VACCINES



Stay Up To Date, Stay Healthy

Together we have the power to create community immunity. Vaccines provide a way to protect each other from illness and disease. Vaccines build resilience within Tribal Nations and preserve our ways of life.

Here are some reasons why you should stay up to date on routine vaccines:

- **Vaccines aren't just for kids.**

Vaccines are recommended throughout every stage of life.

- **Vaccines have saved lives for over 100 years**

Vaccines have reduced disease, disability, and death from a variety of infections worldwide. However, serious diseases are still a threat. When most of us are vaccinated, we increase the protection for all.



- **Adults need more than an annual flu shot.**

Although most adults know they are recommended to receive an influenza vaccine each year, they may not be aware of other vaccines that might prevent tetanus, diphtheria, pertussis (whooping cough), pneumococcal disease, shingles, hepatitis A and B, meningococcal disease, measles, mumps, rubella, and human papillomavirus.

- **Vaccines are one way we can care for each other and enjoy our traditions.**

Adults need to stay healthy so that they can take care of their families and themselves, and be able to attend ceremonies, powwows,



and other gatherings. If you do get infected, vaccines help your immune system to lessen the severity and length of sickness.

- **Vaccines protect loved ones.**

Elders and children are particularly vulnerable to sickness—we protect them by getting vaccinated. For example, getting vaccinated against whooping cough (pertussis) can help protect babies in the family from getting this serious disease. The flu vaccine reduces the risk of spreading illness to household and community members who may be more likely to experience severe illness.

- **Vaccines prevent serious health complications from vaccine-preventable illnesses**

Vaccines can prevent complications that sometimes occur with a vaccine-preventable disease, such as damage to the eye from shingles or heart attacks brought on by influenza illness.

Vaccines prevent and slow the spread of diseases through the community. Do your part and talk to your doctor or tribal clinic about which vaccines you need this year.

Adapted from Immunization Action Coalition, "Adult immunization: Importance of Staying Up to Date with Vaccines"

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