

It's Time To Vax 2 Protect

National Immunization Month



Flu season is coming this Fall. Covid-19 cases are rising! What happens when or if both pandemics meet? What is needed to protect ourselves and our families from getting sick from either of these two serious diseases? People aged 65 years and older, young children, and people with certain health conditions, are at higher risk of both diseases. Immunizations not only protect us from serious diseases, but also prevent the spread of these diseases to others.



WHAT WE KNOW

Immunization is the process that strengthens an individual's immune system against a disease-causing agent. Immunization can be done in various ways, most commonly through vaccination/shots. Vaccines can prepare the body's immune system to fight and/or prevent an infection or germs that can cause disease.

Immunizations have prevented infectious diseases such as measles and mumps, and ended two of the most contagious diseases such as polio and smallpox.

FAST FACTS

- Many people think natural immunity or herd immunity will keep them safe. Or that many of the diseases we immunize against don't exist anymore, but that's not true.
- Diseases like polio or measles are now rare because generations of people have been immunized against them. But outbreaks do occur all over the world and today, with so many people able to travel frequently, exposure can happen.
- Getting immunized protects you and those around you by limiting the spread of disease. The more people who are vaccinated, the less likely a major outbreak will occur.
- Vaccination is much safer than trying to develop natural immunity from disease because some diseases can have lasting, damaging effects on your body.

During the 2023-2024 flu season, South Carolina reported 76,592 influenza cases.

South Carolina reported 4,885 people were hospitalized and 121 died during the 2023-2024 flu season.

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WHAT CAN YOU DO

Be prepared to protect yourself, your children and your families from the worst and hope for the best.

➤GET A FLU VACCINE:

The CDC recommends a yearly flu vaccine as the first and most important step in protecting against viruses. Flu vaccines will reduce the burden of illnesses, hospitalizations, and deaths. Recommendations are that everyone 6 months of age and older should get an annual flu vaccine by the end of October.



➤STOP THE SPREAD OF GERMS:

Wash your hands often with soap and water for at least 20 seconds especially after being in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.



➤MONITOR YOUR HEALTH DAILY:

Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19 and the flu, especially if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet. Take your temperature if symptoms develop.



➤WEAR FACE MASKS:

Everyone should wear a mask or face cover when out in public, for example to the grocery store, work, or church. Face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.



➤SOCIAL DISTANCE (PHYSICAL DISTANCING):

Keep a safe space between you, your children, and other family members. Stay at least 6 feet (about 2 arms' length) away from others in both indoor and outdoor spaces.



➤CLEAN AND DISINFECT:

Clean AND disinfect daily touched surfaces such as tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. If surfaces are dirty, clean them. Use detergent or soap and water before disinfecting the item.



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Hold Out the Lifeline: A Mission To Families

Each One Can Reach One

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