



*The Maryland State Medical Society*

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## **AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH**

BALTIMORE, August 15, 2018 — Immunizations help prevent dangerous and sometimes deadly diseases. Immunizations aren't just for kids — to stay protected against serious illnesses like the flu, measles, and pneumonia, adults need to get vaccinated too. It is also important to remember that vaccines prime your body to fight infection, but you cannot catch an illness from the vaccine.

National Immunization Awareness Month is a great time to promote vaccines and remind family, friends, and coworkers to stay up to date on their shots. To help keep our community safe, MedChi, The Maryland State Medical Society, is proudly participating in National Immunization Awareness Month.

Everyone age 6 months and older needs a seasonal flu shot every year. Other shots work best when they are given at certain ages. Talk to your physician to make sure that everyone in the family gets the shots they need.

- For children age 6 or younger, make sure you find out which shots your child needs from your pediatrician.
- Adults need a booster shot every 10 years to help protect against tetanus, diphtheria, and pertussis (Tdap).
- Find out what shots adults and teenagers need, since this will differ from infants and younger children.
- If you are pregnant, make sure you speak to your physician about any immunizations you may need. This will help protect you and your unborn child.
- If you will be traveling find out which shots you will need to help keep you safe.

Dr. Gary Pushkin, President of MedChi, states “Immunizations can prevent serious diseases like the flu, measles, pneumonia, mumps, and rubella. It is also important for people to keep a copy of vaccination records in a safe place in case they are ever needed for reference.”

### About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. It is the largest physician organization in Maryland. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients and the public health of Maryland. For more information, please visit [www.medchi.org](http://www.medchi.org).