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# Importance of Immunization

01

## The Importance of Inoculation

### How Vaccines Work

Vaccines are weakened bacteria that simulate an illness when they are injected in your body. In response to this simulation, your body develops a supply of defensive cells to fight off similar infections in the future, preventing you from developing the real illness.

Vaccinating enough of a population leads to a type of resistance called “herd immunity,” which means there are so few nonvaccinated people that an illness is unable to spread and become an epidemic.

### Why They Are Important

Vaccines were initially developed in the 1700s and have been used to reduce or eradicate many dangerous illnesses, including (but not limited to) smallpox, polio, tetanus, whooping cough, measles, mumps and rubella.

### Why Do Some People Believe Vaccines Are Harmful?

In 1998, a paper was published linking the MMR vaccine to autism. The findings were widely criticized by the scientific community and have since been retracted, but they sparked an unnecessary fear of all vaccinations that persists to this day. As a result, some parents forego vaccines and inadvertently cause the return of preventable diseases, such as measles and mumps (which are prevented by the MMR vaccine).



### Monthly Activity

#### *Research Personal Health Risks*

Do you know your family medical history and how it affects your personal health? Do you have specific concerns about your wellbeing? Does your job or hobby put you at risk for certain injuries or illnesses? To complete this activity, do a little research and learn more.





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# Vaccines: Fact or Fiction

02

## Vaccines: True or False?

In recent years, a lot of misinformation has been spread related to the dangers of vaccinating children. But the objective truth is that vaccines are safe, side effects are extremely rare and the vast majority of the medical community supports the use of vaccinations.

True or False?	Answer
Vaccines can cause autism.	<b>False.</b> This rumor arose from an inaccurate study (since retracted) that linked the MMR vaccine with autism. Since then, multiple studies involving thousands of children have found no such connection.
Side effects are rare and most are minor.	<b>True!</b> Side effects of any kind are extremely uncommon and most range from a sore arm to a slight, short fever.
Vaccines protect from dangerous illnesses.	<b>True!</b> Children are vaccinated from these diseases because they are dangerous. The risks associated with the diseases are far greater than any risk associated with a vaccine.
Everyone else is vaccinated, so my child is fine.	<b>False.</b> Many vaccine-preventable diseases have been making a comeback in recent years because this mentality places a community below the “herd immunity” threshold mentioned earlier.
It is dangerous for a child to have too many vaccinations in a short period of time.	<b>False.</b> This is an extremely understandable concern! We’re often warned about consuming too much medicine, and no one wants to cause harm to their child. But again, the risks of delaying the inoculation (i.e., contracting the illness) are higher than the risks of receiving the vaccine.







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## Preventive Care

03

### How Often Should You See Your Doctor?

When you're young and you wake up feeling healthy almost every day, it can be easy to overlook your annual appointment or wait out an illness instead of scheduling a visit to learn more. Here are a few best practices for scheduling an exam:

**Consider your age.** Annual appointments are a great idea for all adults, especially those ages 40 and older. Ask about age-specific tests and screenings at your appointment.

**Know your family history.** If you have a genetic predisposition for certain illnesses, you may need to get screened more often. Make sure your physician is aware of any pertinent family history.

**Think about personal risk factors.** If you're a smoker or have another chronic illness, such as diabetes or heart disease, your doctor may suggest you make appointments more often.

**Do you have a specific concern?** Visit the doctor if you feel extreme discomfort, experience unexplained weight loss or have other persistent health concerns despite living a generally healthy lifestyle (sleeping well, eating a mostly nutritious diet, exercising and abstaining from drugs or excess alcohol).

*Make sure  
your physician  
is aware of  
any pertinent  
family history.*





## Recipe

04

### Hearty Oatmeal with Pears

*A hearty, warm and healthy way to start your day.*

#### INGREDIENTS

- 1 Bosc or Anjou pear, cored and chopped
- 1 cup old-fashioned oatmeal
- ½ teaspoon ground cinnamon
- 4 tablespoons brown sugar
- ¼ cup raisins
- 2 cups water
- ¼ cup toasted pecans

#### INSTRUCTIONS

1. In a large glass bowl, combine the pear, oatmeal, cinnamon, brown sugar, raisins and water.
2. Microwave on high for seven minutes or until pears are tender.
3. Divide between two bowls, top with pecans and enjoy!

#### Total Time (Cook and Prep):

10 minutes

#### Servings: 2



#### NUTRITION INFO

(per serving)

420 calories

14 g fat

0 mg cholesterol

20 mg sodium

64 g carbohydrates

15 g fiber

4 g protein





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# Activity

## Research Personal Health Risks

Your overall health is a result of many different variables: The food you eat, the air you breathe, the sleep you get and more. But some risk factors are more important than others, including family history and your own personal behavior.

### **Understand Your Family History**

If you don't already know your family medical history, reach out to someone who will know. A genetic history of many life-threatening diseases, such as heart disease, diabetes, high blood pressure, stroke or cancer, places you at a higher level of risk for developing the disease yourself.

#### **Notes:**

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### **Consider Your Personal Health Risks**

Are you a smoker? Do you exercise the recommended 150 minutes each week? Does your job cause you to sit at a desk all day or sleep off hours? Your personal behavior (both your choices and items out of your control, such as your work schedule) can have a positive or a negative impact on your health—take some time to consider ways you might be putting yourself at risk.

#### **Notes:**

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### **Follow Up with a Doctor (If Necessary)**

If your family history or personal behavior raises concerns that you have never discussed with a doctor, it's a great idea to make an appointment to follow up or learn more!

#### **Notes:**

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# Employer Activity Tracking

I, \_\_\_\_\_ successfully completed the Research Personal Health Risks 2019  
Print Name Here

Wellbeing Activity:

- ☐ I learned more about my family medical history.
- ☐ I considered my own personal health risks.
- ☐ I scheduled a doctor's appointment to follow up or learn more. (If necessary.)

Signed,

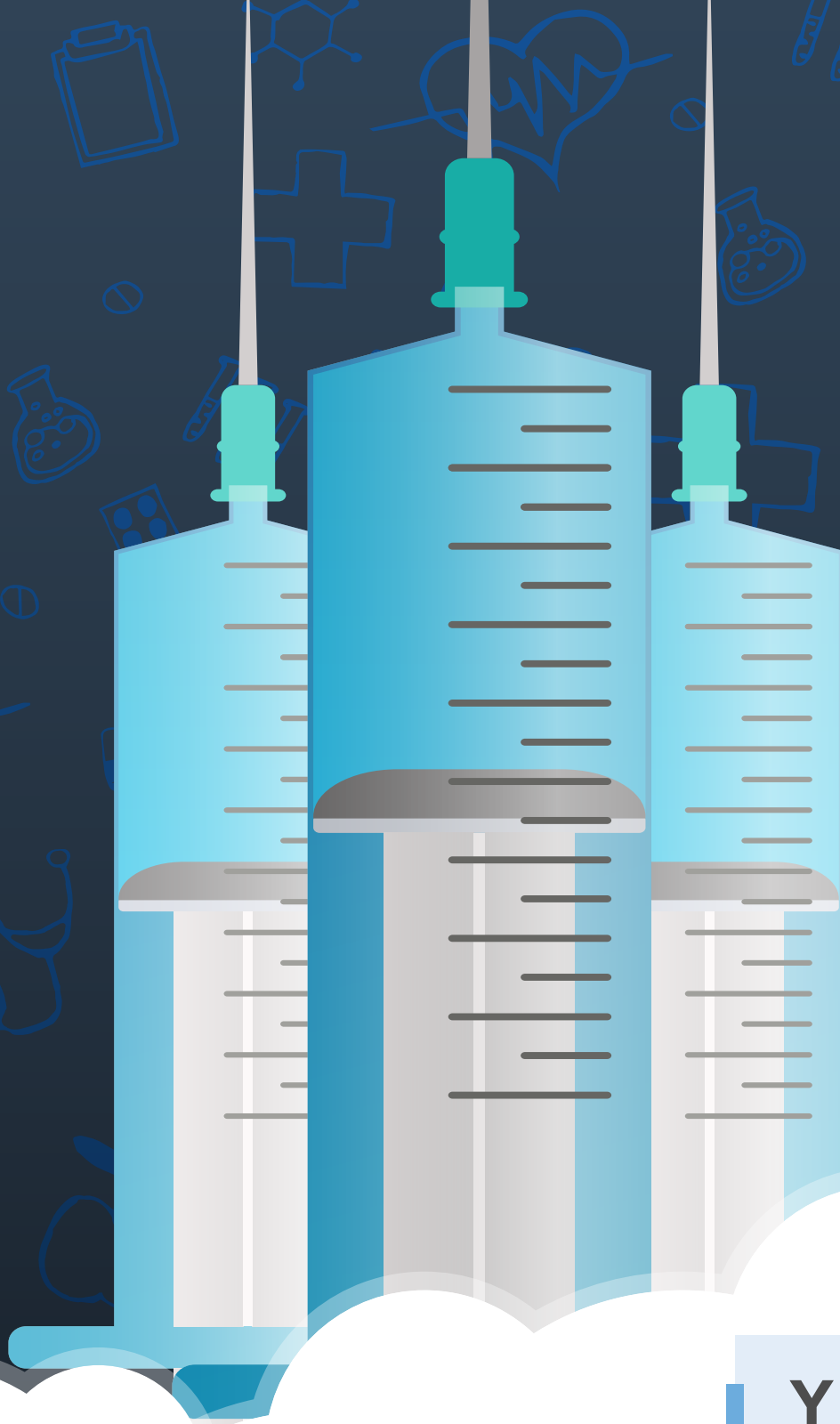
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Date

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# Vaccinations, Health History and You



Learn more about your personal and family health, and separate truth from rumor when it comes to vaccinations:

True or False?	Answer	
Vaccines can cause autism.	<b>FALSE</b>	Multiple studies involving thousands of children have found no such connection.
Side effects are rare and most are minor.	<b>TRUE</b>	Side effects of any kind are extremely uncommon and mostly minor.
Vaccines protect from dangerous illnesses.	<b>TRUE</b>	The risks from the diseases outweigh risks of vaccination.
Everyone else is vaccinated, so my child is fine.	<b>FALSE</b>	Everyone must be inoculated for vaccines to work.

## YOUR WELLBEING ACTIVITY

### RESEARCH PERSONAL HEALTH RISKS

Do you know your family medical history and how it affects your personal health? Do you have specific concerns about your wellbeing? Does your job or hobby put you at risk for certain injuries or illnesses? To complete this activity, do a little research and learn more.