



August is National Immunization Awareness Month (NIAM)! NIAM is an annual observance in August sponsored by the Centers for Disease Control and Prevention (CDC) that encourages people of all ages to keep up with their regular vaccinations.

Why is Vaccination Important?

It is important for you and your family to stay on top of your vaccinations in order to keep everyone happy and healthy! When everyone around you is vaccinated, the chance you will contract a vaccine preventable disease is significantly decreased. This is called “herd” or “community immunity”. When the vast majority of a community is vaccinated it helps protect people who are at greater risk for serious illness such as infants, seniors, and those who are immunocompromised. Keeping up to date with your vaccinations, not only protects you, but also protects your family and community!

Which Vaccines do I need?

If you are unsure about which vaccines you or your family are missing or may need, the CDC offers Childhood and Adult vaccine quizzes to help you determine. Additionally, download the Massachusetts School Immunization schedule to see vaccination requirements for school entry.

Childhood Quiz: <https://www2a.cdc.gov/vaccines/childquiz/>

Adult Quiz: <https://www2.cdc.gov/nip/adultimmsched/>

MA School Vaccination Schedule: <https://www.mass.gov/info-details/school-immunizations>

If you have any questions, please contact the Bedford Health Department at 781-275-6507 or visit <https://bedfordma.gov/197/Health-Department>

