

National Immunization Awareness Month

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages.

Adults need to keep their vaccinations up to date because immunity from childhood vaccines can wear off over time. You are also at risk for different diseases as an adult. Vaccination is one of the most convenient and safest preventive care measures available.

All adults need:

- COVID-19 vaccine
- Influenza (flu) vaccine every year
- Td or Tdap vaccine



You may need other vaccines based on your age, health conditions, job, lifestyle, or travel habits. Learn more about what other vaccines may be recommended for you and talk to your healthcare professional about which vaccines are right for you.

Are Vaccines Safe?



- Vaccines are tested and monitored. Vaccines go through years of testing before the Food and Drug Administration (FDA) licenses them for use. Both the CDC and FDA continue to track the safety of all licensed vaccines.
- Vaccine side effects are usually mild and go away in a few days. The most common side effects include soreness, redness, or swelling where the shot was given. Severe side effects are very rare.
- Vaccines are one of the safest ways to protect your health. Talk with your doctor about the vaccines you should safely receive based on your health or other conditions.

For more information on National Immunization Awareness Month, visit:

<https://www.cdc.gov/vaccines/events/niam/index.html>



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