

STAY HEALTHY THIS SEASON

Vaccines

Vaccines are the safest way to build immunity from a virus. Vaccines help the body learn how to defend itself from disease without the dangers of an infection. The immunity you gain from vaccination can reduce your risk of infection and becoming very sick if you do get infected.

Influenza

Influenza is a very serious infection, and can lead to hospitalization, death, and long-lasting complications. Flu vaccines can reduce your chances of getting the flu by up to 60%. Even if you get sick, people who are vaccinated have less severe flu symptoms and are less likely to be hospitalized from it.

The annual flu vaccine is recommended for all persons aged 6 months and older.

COVID-19

COVID-19 is now part of the seasonal respiratory viruses that peak during the fall and winter seasons. This means protecting yourself with an updated COVID-19 vaccine that targets the currently circulating variations of the virus.

You should get at least one dose of the updated 2023 vaccine as soon as possible if you are:

- 6 months or older and never had a COVID-19 vaccine
- 6 months–4 years and have begun or completed your COVID-19 vaccines
- 5 years or older and did not receive a COVID-19 vaccine in the past 2 months
- Immunocompromised



**FAMILY
LIFESTYLE PROGRAM**
DECEMBER 2023
15th Edition

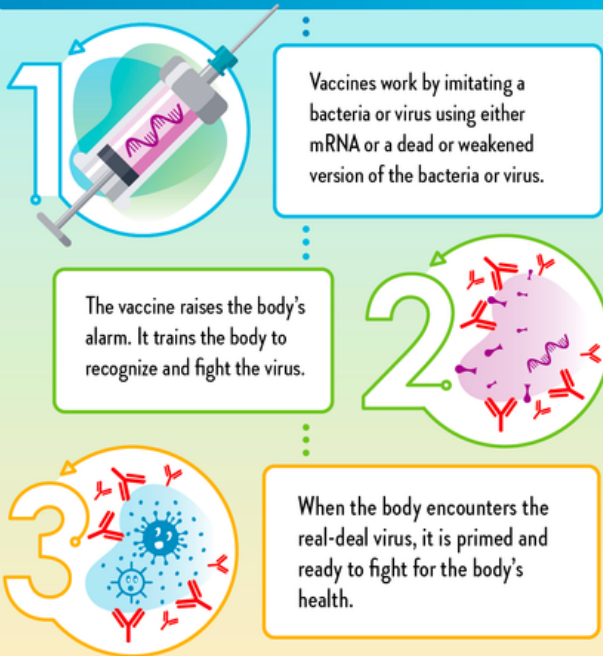
Community Health

Vaccinations can benefit both the people who get them and vulnerable, unvaccinated people around them. That's because the infection has fewer people it can spread to through the community if most people are immunized.



**Newest Recipe:
Stuffed Mushroom Recipe**

HOW VACCINES WORK



OSF HEALTHCARE

What is immunity?

Active Immunity: When exposure to an infection triggers the immune system to produce antibodies to fight that infection. When an immune person comes into contact with that disease in the future, their immune system is immediately ready to fight it.

You can't get the Flu/COVID-19 from the vaccine.

Fact or Fiction?

Myth: Vaccines contain harmful ingredients

- Vaccines contain ingredients that allow the product to be safely administered. They contain ingredients at a dose that is even lower than the dose we are naturally exposed to in our environment.

Myth: Vaccines cause autism and sudden infant death syndrome

- There is no evidence to link vaccines as the cause of autism or SIDS. Vaccines are very safe. Most vaccine reactions are usually temporary and minor, such as a fever or sore arm.

Myth: Vaccine-preventable disease are just part of childhood. It is better to have the disease than become immune through vaccines

Immunity after infection is unpredictable, and strength and duration of the protection can vary. Vaccine immunization is strong and long-lasting. Vaccines help your body fight multiple strains, reducing the chance of multiple infections. Inflammation during infection has been associated with stroke and long-lasting complications.

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Check out more resources at our website: <https://meklund7.wixsite.com/flip>