

# WellnessWatch



Welcome to **WellnessWatch** -- The Starr Group's monthly digest featuring articles on health and wellness #awareness. We've created this ongoing series to keep YOU current with latest #wellness trends and fitness buzz. As advocates for work/home life balance, we're confident you will gain benefit in the information to come. Be well!



## Topic of the Month: **National Immunization Awareness Month**

Throughout our entire lives, we all have the power to protect our communities from vaccine-preventable diseases. Immunizations allow the body to create antibodies to fight off specific disease throughout the human life-cycle, starting with Childhood Vaccinations that begin in infancy and continue through adulthood. Studies show women getting

vaccinations during pregnancy can pass on antibodies to their babies which protect them after birth.



## Did you know?

**21**  
million

**92**  
percent

**732**  
thousand

- The CDC estimates that vaccinations will prevent more than **21 million** hospitalizations and **732,000** deaths among children born within the last 20 years.
- Approximately **92%** of all parents chose to vaccinate their children.
- As of July 25, 2019, the outbreak of Domestic Measles cases reached a 25 year record high with 1,164 confirmed cases in 30 states.
- In 2016, 22,556 cases of Hepatitis A were responsible for 13,352 hospitalizations and 221 deaths which could have prevented with vaccinations.





## Common Childhood Vaccinations

Parents are encouraged to keep their children's vaccinations up to date. Ask your child's doctor about any risks and side effects. Common Childhood Vaccinations are recommended for infants to protect them from 14 serious diseases:

- **HepB** protects against hepatitis B. The 1st shot is given at birth.
- **RV** which protects against rotavirus, a major cause of diarrhea.
- **DTaP** protects against diphtheria, tetanus, and pertussis. 5 doses are given during infancy and childhood. Boosters are given during adolescence and adulthood.
- **Hib** protects against *Haemophilus influenzae* type b, a leading cause of bacterial meningitis.

- **PCV** protects against pneumococcal disease, which includes pneumonia.
- **IPV** protects against polio.
- **Influenza** protects against the flu. Flu shots can be given annually, starting at 6 months.
- **MMR** protects against measles, mumps, and rubella. The 1st dose is recommended at 12-15 months, and the 2nd is usually given at age 4-6.
- **Varicella** protects against chickenpox and is recommended for all healthy children.
- **HepA** protects against hepatitis A. 2 doses are given at age 1-2.



Get involved!



Sources: <https://www.healthline.com/>

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