**August is National Immunization Awareness Month (NIAM)**

*Tip of the Month from Health & Wellness Committee*

When’s the last time you received a vaccination? They’re not just for children and the elderly, many adults are overdue on routine vaccines or were never told by their physicians that a new vaccine could be helpful to them!

The Centers for Disease Control and Prevention (CDC) uses the entire month of August to highlight the importance of vaccines for people of all ages. NIAM was established to encourage all people regardless of age or health status to make sure they are up to date on the vaccines recommended for them.

Most vaccines are indicated based on age, but several more are important to receive if you suffer from various health conditions including:

* Diabetes (Type I or Type II)
* Heart disease
* Chronic lung disease
* HIV
* Pregnancy
* Kidney disease or poor kidney function
* Chronic liver disease
* Asplenia (no spleen, or poorly functioning)
* Chronic alcoholism
* Weakened Immune System

Chances are that you or someone you know has at least one of the above conditions. Do yourself & them a favor by checking the CDC recommendations on the Chamber website to see if they could benefit from a vaccine they have not yet received. [www.redondochamber.org/health--wellness-events.html](http://www.redondochamber.org/health--wellness-events.html)

Everyone knows about the yearly Flu Vaccine but most people forget that we all need a Tetanus booster shot every 10 years - when’s the last time you got yours?

With vaccines available in Pharmacies it’s easier than ever to get any vaccine you may need today. Talk to your local pharmacist or physician to get advice specific to your health needs!

*Contributed by Sara Atallah, Kovak-Frey Pharmacy*