

The dog days of summer are here! Most of us are thinking about final vacation plans and lounging by the pool not thinking about vaccinations. August is National Immunization Awareness Month. We at the Bloomfield Department of Health and Human Services want to stress how immunizations/vaccinations can help protect you and your loved ones from dangerous diseases such as flu, mumps and pneumonia.

Why get vaccinated?

1. Vaccines will help keep you healthy
  2. Vaccines are as important to your overall health as diet and exercise.
  3. Vaccination can mean the difference between life and death.
  4. Vaccines are safe and effective.
  5. Vaccines won't give you the disease they are designed to prevent.
  6. Young and healthy people can get very sick, too.
  7. When you get sick, your children, grandchildren, and parents are at risk, too.
  8. Your family and coworkers need you.
- Your Health Department offers childhood immunizations as well as adult vaccinations. Please call 973.680.4058 to find out what you may need as well as what is offered.
  - Everyone age 6 months and older needs to get a flu vaccine every year. Other shots work best when they are given at certain ages.
  - If you have a child age 6 or younger, find out which shots your child needs
  - Find out which shots adults and teenagers need
  - Use this chart for adults to see if you are up to date on your shots
  - If you are pregnant, check out this recommended immunizations

Talk to your doctor or nurse to make sure that everyone in your family gets the shots they need. To learn more, visit [the CDC Vaccination and Immunizations page](#).