

The Top Ten Reasons To Be Vaccinated

1. The viruses and bacteria that cause illness and even death still exist and can be passed on to individuals who are not protected by vaccines. People with certain medical conditions (like pregnant women, individuals undergoing cancer treatment, and newborns) may not be able to get certain vaccines and are very vulnerable to illness like influenza, meningitis, chicken pox and whooping cough. Just like people can travel across the globe in just one day, diseases travel too!
2. Vaccines will help keep you healthy. The Center for Disease Control and Prevention recommends vaccinations from birth to adolescence to adulthood in order to provide a lifetime of protection against many diseases and infections, such as meningitis, whooping cough, influenza, HPV (a virus that causes cancer), measles, mumps, rubella, and Hepatitis A and B. When you skip vaccines, you leave yourself vulnerable to disease, suffering, and death.
3. Vaccines are as important to your overall health as diet and exercise. Similar to eating healthy foods, exercising regularly, and getting regular check-ups, vaccines play a vital role in keeping everyone healthy. Vaccines continue to be one of the most convenient and safest preventive care measures available.
4. Vaccination can mean the difference between life and death. Vaccine-preventable infections are dangerous. Each year, approximately 50,000 US adults die from diseases that could have been preventive with proper immunizations. For example, meningococcal infection can spread very quickly, killing an otherwise healthy adolescent in 48 hours.
5. Vaccines are safe and effective. Vaccines have been reported to be among the safest medical products available. In addition, they can prevent the suffering and costs associated with infectious diseases. The US has the best post-licensure surveillance system in the world making vaccines extremely safe. There is extraordinarily strong data from various medical investigators all pointing to the safety of vaccines. The potential risks associated with the diseases that vaccines prevent are much greater than the potential risks from the immunizations themselves.
6. Vaccines will not give you the disease they are designed to prevent. Individuals cannot “catch” the disease from the vaccine. While some vaccines do contain

“killed” virus, it is impossible to get the disease from them. Other vaccines have live, but weakened, viruses that are designed to ensure that you cannot catch the disease.

7. Young and healthy people can get very sick, too. While infants and the elderly are at greater risk for serious illnesses and complications, vaccine-preventable diseases can effect anyone—even healthy children and adolescents. That is why it is imperative to check with your Dr. and receive the appropriate vaccinations.
8. Vaccine-preventable diseases are expensive. Not only do diseases and illnesses have a direct impact on individuals and their families, but they also carry a high price tag for society as a whole. An average influenza illness can last up to 15 days, typically with five or six missed school days. That is a lot of missed academic time as well as potential adult taking time off of work and other responsibilities.
9. You don't have time to get sick or miss what is important to you. Spending time with family and friends, traveling, or taking time out for your interests and extracurricular activities may not be possible if you are ill.
10. No one wants to feel crummy if you can prevent it! There are currently more than a dozen diseases that one can protect against simply by getting vaccinated.

Everyone deserves the chance to feel well and stay healthy. Getting proper vaccinations is a great start for a healthy adulthood. Given that vaccines are such a safe and easy way to prevent disease, why not take full advantage of them? We encourage you to talk to your Dr. about your child's immunization status as well as your own!

Sincerely,

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