

National Immunization Month!



We all need shots (vaccines) to help protect us from serious diseases. This protection is called immunization. To help keep our community safe, Professional Nurse Partners is proudly participating in National Immunization Awareness Month.

This month is all about promoting vaccines and reminding children and adults to stay up-to-date on their shots. These shots or vaccines can help prevent dangerous diseases which can sometimes be deadly. Immunizations can help children and adults stay protected against serious illnesses like the flu, measles, and pneumonia. By getting vaccinated we are not only protecting ourselves but we are also helping prevent the spread of disease to our children, families, and communities. Besides being safe, vaccines are among the most cost-effective clinical preventative services.

**GET SHOTS TO PROTECT YOUR
HEALTH!**

Did You Know?

- Immunizations is one of the most effective ways to protect children and adults against many common infectious diseases.
- Each year, more than 36,000 people die from the seasonal flu.
- 90% of the deaths are in persons 65 years of age and older.
- Pneumococcal disease affects nearly 4 million Americans each year.
- 1 in 3 Americans each year will develop shingles.
- Getting vaccinated can prevent 14 million cases of disease.
- Vaccinations can reduce health care costs by \$9.9 billion.
- CDC recommends that everyone 6 months and older get a flu vaccine each year.

Adults Vaccinations

All adults should get recommended vaccines to protect their health. Even if you think you are healthy you can still become ill and pass diseases to one another. There are different vaccines depending on one's age.

Flu Vaccine: Every adult should get an influenza (flu vaccine) each year to protect against the seasonal flu. Some people may be at a higher risk of developing the flu depending on their current health conditions so it is especially important for them to get vaccinated. To get the flu shot you can go to your doctor's office or local pharmacist.

Tdap Vaccine: Tetanus, diphtheria, and pertussis are very serious diseases. This vaccine is for adolescents and adults and should be given around the age of 11 or 12. If not given, adults should get as soon as possible. Every 10 years' adults should receive a Td (tetanus and diphtheria) booster.

Shingles Vaccine: Every adult 50 years or older are recommended to get this vaccine. And adults who are older than 65 are recommended to get both pneumococcal vaccines.

Hepatitis A, Hepatitis B, HPV: Adults may need these vaccines depending on their age, occupation, travel, medical conditions, and vaccinations they have already received.

Healthy Recipe: Protein Bites

Peanut Butter Protein Bites

- 2/3 cup organic crunchy peanut butter
- 1/2 cup vegan dark chocolate chips
- 1 cup organic old fashioned oats
- 1/2 cup ground flax seeds
- 2 tablespoons organic honey
- 1/2 cup hemp seeds

Mix first 5 ingredients. Set hemp seeds aside. Refrigerate dough for at least 1 hour up to 3 hours. Roll into balls. Roll lightly in hemp seeds. Store in refrigerator for 1 week.

Almond Date Protein Bites

- 2/3 cup organic almond butter
- 1 cup pitted medjool dates
- 1 cup organic old fashioned oats
- 1/2 cup ground flax seeds
- 1/2 cup organic pure maple syrup
- 1/2 cup organic shred unsweetened coconut

Place dates into a blender or food processor until processed into very small bites (about 1-2 minutes). If paste forms, it is ok as it will still work well in this recipe. Mix first five ingredients (including dates). Refrigerate dough at least for 1 hour up to 3 hours. Roll into balls. Roll lightly in shredded coconut. Store in refrigerator for 1 week.

Source: <https://healthfinder.gov>
<https://www.nphic.org>



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