

August

IMMUNIZATION AWARENESS MONTH



What Are Vaccines?

Vaccines are injections, liquids, pills, or nasal sprays that help your immune system recognize and fight harmful germs. They protect against diseases caused by viruses, such as the flu and COVID-19, as well as bacterial infections like tetanus, diphtheria, and pertussis. By training your body to respond quickly, vaccines help prevent illness and keep you healthy.



What is Immunity?

When a germ enters your body, your immune system works to fight it off and protect you. It also “remembers” the germ, so if it returns, your body can respond faster. This memory provides lasting protection, known as immunity.



We Can All Benefit

Vaccines are important because they protect individuals from serious diseases, often providing safer and sometimes even stronger immunity than getting sick naturally. Beyond individual protection, vaccines contribute to community immunity, which helps prevent the spread of disease and protects vulnerable people who cannot be vaccinated, such as newborns or those with weakened immune systems. Vaccines are safe, having undergone extensive testing and evaluation before approval.



Living > **Well**

Find Support

Talk to your doctor about a recommended immunization schedule that is best for your needs. Castlight can help you to find a doctor in your area and even schedule an appointment.



Call **1-800-681-6758** or visit mycastlight.com/mybenefits for more information.

This information does not provide medical advice, diagnosis or treatment. It should not be used as a substitute for health care from a licensed healthcare professional. Consult with your healthcare provider for individualized treatment or before beginning any new program.



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