



## Newsletter Article

### **Community Immunity: Getting Your Immunizations Protects Yourself and Others**

Over the next couple of months you will see some familiar faces on the sides of Madison Metro buses or on posters throughout the community. They are part of a new “Community Immunity” immunization awareness campaign to encourage people to “Do Your Part, Get Your Shots,” sponsored by the Dane County Immunization Coalition.

When most of us in the community are immunized, it can prevent the spread of contagious diseases in our community. Community immunity protects those around us who can’t fight diseases or get immunized:

- Babies too young to be immunized (flu and whooping cough can be life-threatening)
- People with weak immune systems (from disease or medical treatment—like asthma, diabetes, cancer or chemotherapy)
- Unvaccinated pregnant women (chickenpox and other diseases can harm the baby)
- Seniors (flu can be deadly)
- Anyone who cannot receive the vaccine for health reasons

How can you support community immunity?

- **Make sure your family is fully immunized.** This includes adults of all ages, who may need boosters or additional vaccines, and your children’s caregivers too. Immunizations are safe and effective, and prevent disease at all ages.
- **Seek reliable information.** Bring questions to your family doctor, and ask if you need any vaccines at your next visit.
- **Practice healthy habits.** Cough/sneeze into your sleeve, wash your hands often and stay home when you are sick.

For more information go to [www.immunizedanecounty.org](http://www.immunizedanecounty.org)