

DON'T BE LATE...TO VACCINATE!

Appointment:
Vaccination Shot
TODAY 3:00pm

Healthy Aging. Some adults incorrectly assume that the vaccines they received as children will protect them for the rest of their lives. However, immunity fades as people age and become more susceptible to serious diseases. Adult immunizations are important in maintaining strong and healthy lives.



Are you or your agency ready to take the DoD Fitness Challenge and support DoD's physical activity goal of 1,500,000 hours? More information will be available in August at www.cpms.osd.mil/wellness.



VACCINATE TO PROTECT OUR FUTURE



Protect to Prevent. We don't vaccinate just to protect our children. We also vaccinate to protect our grandchildren and future generations. Immunization is a proven tool for controlling and even eradicating disease. As a result, some diseases (like polio and diphtheria) are becoming very rare in the U.S.

Are you or your agency ready to take the DoD Fitness Challenge and support DoD's physical activity goal of 1,500,000 hours? More information will be available in August at www.cpms.osd.mil/wellness.





Protect. Control. Prevent.

Don't wait! Children under 5 are especially susceptible to disease because their immune systems have not built up the necessary defenses to fight infection. By immunizing on time (by age 2), you can protect your child from disease and also protect others at school or daycare.



Are you or your agency ready to take the DoD Fitness Challenge and support DoD's physical activity goal of 1,500,000 hours? More information will be available in August at www.cpms.osd.mil/wellness.



Civilian
Personnel
Policy



How it Works... Your immune system helps your body fight germs by producing substances to combat them. Once it does, the immune system "remembers" the germ and can fight it again. Vaccines contain germs that have been killed or weakened. When given to a healthy person, the vaccine triggers the immune system to respond and thus build immunity!



Are you or your agency ready to take the DoD Fitness Challenge and support DoD's physical activity goal of 1,500,000 hours? More information will be available in August at www.cpms.osd.mil/wellness.





METHOD 1 OR 2



TO PREVENT SPREADING THE FLU!

Be Informed! With children going back to school this fall, make sure that you and your family are up-to-date on seasonal influenza (flu) vaccination. There are two types of flu vaccination: The “flu shot” is the Inactivated (killed) vaccine, which is given by injection into the muscle and the Live, attenuated (weakened) influenza vaccine is sprayed into the nostrils. Check with your doctor or health care provider to see which option is best for you.

Are you or your agency ready to take the DoD Fitness Challenge and support DoD's physical activity goal of 1,500,000 hours? More information will be available in August at www.cpms.osd.mil/wellness.

