



# National Immunization Awareness Month



National Immunization Awareness Month is an annual health observance to highlight the importance of vaccination for people of all ages. Vaccines help individuals remain healthy by decreasing the severity of serious illness, which is why August highlights the importance of vaccinations. Due to the COVID-19 pandemic, vaccinations have become an important topic around the world. In this infographic, HARC highlights local and national data on vaccinations as well as some common questions, recommendations, and myths regarding vaccines.

## About Vaccines and Recommendations<sup>1</sup>

The following are recommendations by the Centers for Disease Control and Prevention. However, it is always important to **first consult your doctor before seeking medical treatment or vaccinations.**

### About Adult Vaccination

- Every year in the United States, thousands of adults become seriously ill or die as a result of an illness that is preventable with vaccines.
- Vaccines are important for adults with chronic illnesses such as diabetes or heart disease as they can develop severe complications from the illness than can be prevented with a vaccine.

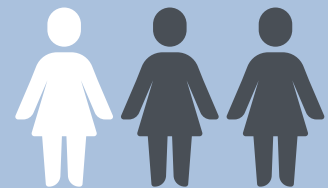


#### Adult Recommendation:

- If you have health conditions, make sure you are up to date on your vaccinations to prevent complications.

### About Maternal Vaccination

- Changes during pregnancy make a pregnant person more likely to get seriously ill from diseases such as the flu, but **only 1 in 3 pregnant women receive their Tdap (Tetanus, Diphtheria, and Pertussis) vaccine and flu vaccine.**
- Babies 6 months and younger are at higher risk of contracting pertussis (whooping cough) or having other health issues such as flu complications, but they are too young to get a vaccine. Instead, receiving vaccines during pregnancy helps to protect the infant from these health issues.



#### Maternal Recommendations:

- Schedule an appointment for your Tdap vaccine during your 27th to 36th week of pregnancy. Getting vaccinated while pregnant protects the baby during the first few months of life, before they are old enough to receive a vaccine.
- If you are pregnant, make sure to receive the flu shot by the end of October. This timing helps get protection before flu season begins.

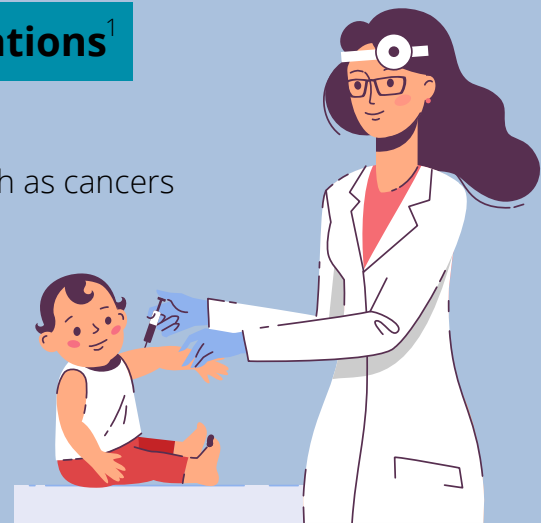
# About Vaccines and Recommendations<sup>1</sup>

## About Childhood/Adolescent Vaccination

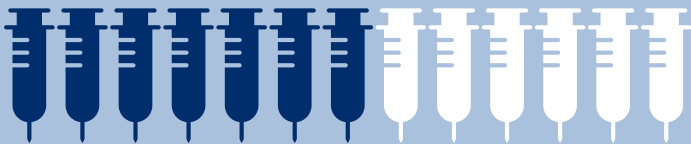
- Childhood vaccinations help to prevent diseases in adulthood, such as cancers caused by HPV (Human Papillomavirus).
- Flu vaccines reduce hospitalizations in children and adolescents.

### Childhood/Adolescent Recommendations:

- Ensure your child is up to date on their vaccinations. Talk to your health care provider for your child's vaccine schedule.



## Coachella Valley Data<sup>2</sup>



In the Coachella Valley, **7 out of 13 children** (ages 9 to 17) have **received the HPV vaccine**, a vaccine recommended by healthcare professionals.

Approximately **5.9%** of parents/guardians of children under the age of 5 need help using immunization services in their community.



## Common Questions

### • Will breastfeeding protect my baby from diseases until they can get vaccines?<sup>3</sup>

Antibodies in breast milk give your baby some protection from flu and whooping cough, but only if you get vaccinated during pregnancy.

### • Can't I just get vaccinated after my baby is born?<sup>3</sup>

Babies do not get their first shot until 2 months of age, and they have to wait until they are 6 months old to get a flu shot. The vaccines you get during pregnancy help protect your baby during their early months of life.

### • Are vaccines safe for my child?<sup>4</sup>

Yes. Millions of children safely receive vaccines each year.

### • Is there a link between vaccines and autism?<sup>4</sup>

No. Many people want answers about the causes of autism, but well designed and conducted studies show that vaccines do not cause autism.

### • Why does my child need the HPV vaccine?<sup>5</sup>

HPV (Human Papillomavirus) is a very common infection in women and men that can cause cancer, like cancer of the cervix or in the back of the throat. Vaccines protect your child before they are exposed to a disease; it's better to receive the vaccine earlier rather than later.



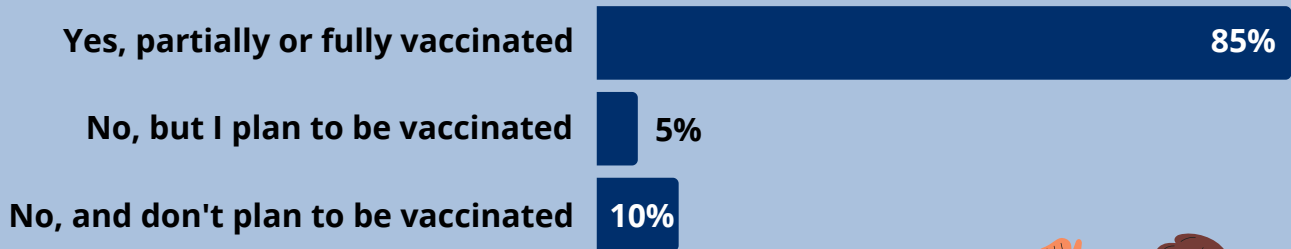
## COVID-19 Vaccine<sup>6</sup>

COVID-19 began in 2019 and quickly spread to become a global pandemic. In December of 2020, the first doses of a COVID-19 vaccine became available to help combat COVID-19. Since then, approximately 71.5% of people ages 5 and older have been fully vaccinated in the United States. The COVID-19 vaccines help reduce people's chances of death or hospitalization. Thus, it is important to receive vaccination in order to help stop the spread of COVID-19.

## Riverside County COVID-19 Vaccine Data<sup>7</sup>

Last year, HARC worked with Riverside University Health System-Public Health to better understand residents' perceptions of the COVID-19 vaccine.

Adult residents were asked, "**Have you had the COVID-19 vaccine?**"



## National COVID-19 Vaccine Data<sup>8</sup>



People with at Least 1 Dose (Age 5+ Years)	83.6%
Fully Vaccinated People (Age 5+ Years)	71.5%
People with 1 Booster Dose (Age 12+ Years)	49.8%



## Busting Common Myths on COVID-19 Vaccine<sup>9</sup>



### MYTH



### FACT

The ingredients in the COVID-19 vaccine are dangerous.



All COVID-19 vaccine ingredients are also found in food.

The COVID-19 vaccine causes variants.



The virus naturally mutates; the vaccine helps to prevent new variants.

The COVID-19 vaccine can make me sick with COVID-19.



The vaccine teaches your body how to fight the virus which causes some side effects while your body is building immunity to the virus.

## About our Sponsor: Innercare

Innercare is a private, non-profit organization providing an array of comprehensive primary care services to residents throughout Imperial and Riverside Counties.



Innercare operates ten health clinics, five dental clinics, three Women, Infant and Children Nutrition (WIC) Education Centers, and six WIC voucher distribution sites. All clinics have bilingual and bi-cultural staff to assist patients. Innercare also accepts most insurances, Medi-Cal, and Medicare and offers a discounted fee for patients who qualify.

### Innercare Services

#### Adult Care

Adult care services include wellness exams, chronic disease management, physicals, and more.

#### Immunizations

Immunizations are offered to patients of all ages at all of Innercare's clinic locations, including the flu vaccine, HPV vaccine, and more.

#### Specialty Services

These services include pediatric neurology, orthopedics, rheumatology, and more.

#### Telehealth

Telehealth services include dermatology, psychiatry, and retinal exams.

#### Women's Health

Women's Health clinics offer services such as prenatal care, cervical and breast cancer screening.

#### Enrollment Services

Innercare's bilingual Certified Enrollment Counselors help patients navigate and enroll in Covered California or Medi-Cal.

To learn more and schedule your vaccinations, please visit: <https://innercare.org/>

## Other Free or Low Cost Local Resources

**Molina Healthcare** serves as a health plan that accepts Medi-Cal plans which provide core medical services, including doctor visits, hospital stays, prescriptions, lab tests and x-rays and more. For more information, please visit: <https://www.meetmolina.com/ca-medicaid>

**Inland Empire Health Plan (IEHP)** accepts Medicare and Medi-Cal plans. They offer no-cost or low-cost health care coverage for low-income adults, families with children, seniors, and people with disabilities. For more information, please visit: <https://www.iehp.org/>

To find where you can receive your COVID-19 vaccines visit: <https://www.vaccines.gov/>

#### Sources:

1. <https://www.cdc.gov/vaccines/events/niam/hcp/key-messages.html>
2. Coachella Valley Community Health Survey. (2019). HARC. Available online at: <https://harcddata.org/coachella-valley-community-health-survey/executive-report/>
3. <https://www.cdc.gov/vaccines/pregnancy/hcp-toolkit/downloads/talking-about-vaccines-508.pdf>
4. <https://www.cdc.gov/vaccines/hcp/conversations/downloads/recommending-newborn-infant-vaccines-508.pdf>
5. <https://www.cdc.gov/hpv/hcp/for-hcp-tipsheet-hpv.pdf>
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7. [https://harcddata.org/wp-content/uploads/2022/06/Public-Health-COVID-19-CHNA-Report\\_6-8-22.pdf](https://harcddata.org/wp-content/uploads/2022/06/Public-Health-COVID-19-CHNA-Report_6-8-22.pdf)
8. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>
9. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>

For more data and resources, please visit: [HARCdata.org](https://HARCdata.org)

This infographic was made possible by:

