

# WELL BALANCED<sup>o</sup>

- AUGUST 2023 -

National Immunization Awareness Month



## IMMUNE *Boosting* HEALTH PRACTICES

Our immune systems are our internal health warriors, working 24/7 to fight off disease-carrying organisms and toxins. Taking care to support our immune systems is key in preventing disease and staying healthy. August is National Immunization Awareness Month and a perfect time to learn about your natural immunity and how you can add an extra layer of protection with immunizations.



For more information on immunizations, contact your local public health office or discuss with your primary care provider.

### What is Immunity?

Immunity to a disease is made possible by disease antibodies that are developed through either natural immunity or vaccine-induced immunity.

According to the CDC,

**Natural Immunity** is acquired from exposure to the disease organism through infection with the actual disease.

**Vaccine-Induced Immunity** is acquired through the introduction of a killed or weakened form of the disease organism through vaccination.

**Passive Immunity** is provided when a person is given antibodies to a disease rather than producing them through their own immune system.<sup>(1)</sup>

When immunity exists in the body, it recognizes that disease if we come in contact with it again and tells the body to produce antibodies to fight it off.

### Boosting Immunity

In addition to getting vaccinated for infectious diseases, you can further boost and support your immune system by:

- » Eating a diet rich in vitamins, minerals, and antioxidants
- » Staying physically active
- » Maintaining a healthy weight
- » Getting adequate sleep and rest
- » Avoiding smoking and limiting alcohol use
- » Limiting stress<sup>(2)</sup>

### Immunizations for All Ages

Different immunizations are recommended for various stages of life depending on risk factors for disease exposure. Infants, children, adolescents, adults, and seniors are all recommended to get different immunizations at different times. To get a list of recommended vaccinations/immunizations, reach out to your local public health office or contact your primary care provider.



### Want more resources on immune health?

Talk to your employer to find out what is available to you through your Employee Assistance Program (EAP) or employee wellness program.

<sup>(1)</sup> <https://www.cdc.gov/vaccines/vac-gen/immunity-types.htm> <sup>(2)</sup> <https://www.cdc.gov/nccdpdp/dnpao/features/enhance-immunity/index.html>