

# August is National Immunization Awareness Month.



healthy changes  
everything.®

Find out what you can do to  
keep you and your family healthy.

We all need immunizations to help protect us from serious diseases like measles, pertussis (whooping cough), and influenza (flu). Vaccines work with the body's natural defenses to help it safely develop immunity.

It's important to know which shots you need and when to get them. To find out what you can do to keep you and your family healthy, visit [bsneny.com/healthandwellness](https://bsneny.com/healthandwellness).



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