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**August 8, 2023**  
**For Immediate Release**

**National Immunization Awareness Month**  
*Protect students before school starts*

The Grand Traverse County Health Department is proudly participating in the National Immunization Awareness Month. This annual observance highlights the importance of getting recommended vaccines throughout the lifetime. You have the power to protect yourself and your family against serious diseases like whooping cough, cancers caused by HPV, pneumonia, and measles.

“Getting students vaccinated is crucial for the health and well-being of students, teachers, families, and school staff,” said Medical Director Najibah Rehman MD, MPH. “Vaccine-preventable diseases do continue to pop up in the community, so anything we can do to ensure kids are in school and out of the doctor’s office is the number one goal.”

August is a prime time to be sure you know which vaccines they need to stay healthy. Routine vaccines and school vaccination requirements protect school communities against vaccine-preventable disease outbreaks, keeping children in school and ready to learn.

The immunization schedule is designed to provide immunity (protection) early in life before children are likely to be exposed to serious, potentially life-threatening diseases. Visit the Centers for Disease Control and Prevention (CDC) website for an easy-to-follow [immunization schedule](#) for children, adolescents, and adults.

“Exposure to any illness can disrupt family and social networks, work, and school schedules,” said Dr. Rehman. “Prevention is key.”

The Grand Traverse County Health Department offers immunizations across the lifespan, from children to adults by appointment Monday through Friday.

For specific questions regarding immunizations or to schedule an appointment, call the health department at 231-995-6131 or contact your healthcare provider.

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