

A weekly resource  
for your well-being

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# A TIP FOR TENNESSEANS

August 8, 2017

## EIGHT REASONS TO GET VACCINES

Staying well is worth a shot. And vaccines are a safe, effective way to do that. From the flu to the mumps and tetanus, [adults](#) need certain timely vaccines just like [kids](#) do. Talk to your doctor about the vaccines you may need and when. Then, guard yourself and others from potentially life-threatening, easily-spread illnesses that can impact your well-being.

### A little shot can be a big deal.

Avoiding symptoms that make you feel bad is a great reason to get your vaccines. So are these:

- 1. Stay healthy from the start.** Because flu, shingles and other diseases can spread easily, prevention is good medicine. Getting your recommended vaccines can keep you from getting sick and avoid spreading disease to others.
- 2. Maintain your good health.** Getting sick can get complicated. Anyone with a heart, lung or other health issue can not only avoid possible illness with vaccines; they can also steer clear of the worst happening, like long periods of feeling poorly, or complications from an otherwise preventable disease.
- 3. Protect someone who can't get vaccinated.** Infants and people with specific health problems may not be able to get certain vaccines. This leaves them open to illness and complications. Your vaccination helps halt the spread of contagious diseases to them. If



### Use your resources.

If you're like most families, preparation for a new school year is a mixture of anticipation and nerves. Here4TN can help [ease the transition from summer to the new school year](#) with tips for building routines, information on child safety, assistance with childcare and more. Visit [www.Here4TN.com](http://www.Here4TN.com) to get prepared.



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- 4. You don't have time for sickness.** You work. You have responsibilities. You have more important and fun things to do than spend days, weeks or months getting over a tough illness.
- 5. It comes with a price tag.** Medical treatment, missed work days, babysitters and gas to go to and from the doctor's office and pharmacy are just some of the costs you can avoid by staying well with vaccines.
- 6. You have a plane to catch.** Travel for work or fun? Depending on where you go, vaccines may be needed to cut your risk for certain diseases. See the [vaccinations and travel checklist](#).
- 7. You don't have a crystal ball.** Some people wait to get vaccines until they hear about disease outbreaks in the area they live. Because no one can foresee when disease will arrive or how bad it will be, it's a good idea to stay up to date with your vaccines.
- 8. Being sick stinks.** No one ever talks about how great it is to feel bad. Vaccines can help you and your family enjoy more healthy days.



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You can realize your best health and well-being when given the proper support. Healthways meets you where you are and takes you where you want to go, creating better health and well-being for a better you.



**References:**

"10 Reasons to Get Vaccinated." Centers for Disease Control and Prevention, 09 January 2017. Web. 05 July 2017. | "Recommended Immunization Schedule for Adults Aged 19 Years or Older, by Vaccine and Age Group, United States, 2017." Centers for Disease Control and Prevention, 06 February 2017. Web. 05 July 2017. | "Be Informed." Vaccines.gov, April 2016. Web. 05 July 2017. | "Recommended Immunization Schedule for Children and Adolescents Aged 18 Years or Younger, UNITED STATES, 2017." Vaccines.gov, February 2017. Web. 05 July 2017. | "Destinations." Centers for Disease Control and Prevention, Web. 05 July 2017.

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