



## **Eye on Safety**

### **National Immunization Awareness Month**

*From the Secretary's Office of Safety*

August is national immunization awareness month and the recent pandemic may have some people thinking about how up-to-date their vaccines are. Did you know vaccines [save up to 3 million lives](#) each year?

Vaccines aren't just for children, and their benefits could make all the difference for a healthy workplace. It is advised to receive [the flu](#) vaccine annually before the end of October when flu season starts.

The [Centers for Disease Control Prevention \(CDC\)](#) recommends a Td (tetanus, diphtheria) booster shot every 10 years. Healthy adults 50 years and older should get the shingles vaccine. Other vaccines that adults need often include pre-travel-based immunizations, and any vaccines based on job or health conditions.

Vaccines can create herd immunity. This means germs don't spread as easily from person to person, making it less likely that a group of people will become infected.

Vaccinations can reduce employee absences, increase morale and ultimately provide an overall healthier workplace. In addition to toolbox talks and safety discussions, posters, newsletters, or leaving information in high-traffic areas like breakrooms are great ways to reach people during immunization awareness month.

For more ideas about disease prevention through vaccines, see [this link](#).