

*August is National Immunization Awareness Month (NIAM).*

This annual observance highlights the importance of getting recommended vaccines throughout your life. We know the COVID-19 pandemic has impacted all aspects of life, including your ability to attend important appointments and receive routine vaccinations. During NIAM, we encourage you to talk to your doctor, nurse or healthcare professional to ensure you and your family are protected against serious diseases by getting caught up on routine vaccination.

We also encourage you to visit CDC's [Growing Up with Vaccines interactive guide](#), which provides information on the vaccines recommended during pregnancy, throughout childhood, and into adulthood.

As your children head back to school this fall, it's particularly important for you to work with your child's doctor or nurse to make sure they get caught up on missed [well-child visits and recommended vaccines](#).

Remember to take care of yourself too! Make sure to receive any vaccines you need to stay healthy. Use CDC's [adult vaccine assessment tool](#) to see which vaccines might be right for you.

August is also a critical time for those who are eligible to get vaccinated against COVID-19. To learn more about COVID-19 vaccination, check out the following websites:

- [Your COVID-19 Vaccination | CDC](#)
- [COVID-19 Vaccines for Children and Teens | CDC](#)

*Source CDC.gov*

*Health and Healing Ministry of NHMBC*