



Department of Health
Agency of Human Services



Young Adults Need to be Reminded – Get Vaccinated



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BURLINGTON – Think you outgrew the need for vaccines when you graduated from high school? Not so.

Every year, thousands of young adults in the U.S. suffer serious health problems, are hospitalized, and even die from diseases that could have been prevented by vaccines.

To highlight the importance of immunizations throughout life, and to help remind young adults that they need vaccines too, the Vermont Department of Health is joining with partners nationwide in recognizing August as National Immunization Awareness Month.

“We need to remind young adults to get vaccinated and make sure they are protected against diseases like flu, whooping cough and HPV,” said Immunization Program Chief Chris Finley.

Influenza, for example, can impact people of all ages, making them feel so ill that they need to miss several days of school or work. Although the vaccine is widely available, less than one third of all young adults receive the annual flu vaccine.

The specific vaccines young adults need are determined by age, lifestyle, risk factors, location of travel, and previous vaccines received. All young adults should talk to their health care providers about which vaccines are right for them.

To find out more about vaccines for young adults, visit www.healthvermont.gov. You can also follow us on [Twitter](#) or join us on [Facebook](#) for health information and alerts.

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