

NATIONAL IMMUNIZATION AWARENESS MONTH



Vax Facts:

- 1.) Vaccines reduce your risk of infection by working with your body’s natural defenses to help you safely develop immunity.
- 2.) Many vaccine-preventable diseases are no longer common thanks to vaccines.
- 3.) By getting your child the recommended vaccines during childhood and adolescence, you protect them from 16 serious diseases.
- 4.) The immunization schedule is designed to provide immunity early in life, before children are likely to be exposed to serious, potentially life-threatening diseases.
- 5.) Vaccines aren’t just for kids. Adults may need vaccines to protect against whooping cough, the flu, types of pneumonia, and shingles.
- 6.) If you are pregnant, getting vaccinated can help protect your baby after birth by passing on antibodies.

As your children head back to school this fall, make sure that vaccination is at the top of your checklist. Find out more at [CDC.gov](https://www.cdc.gov)

RELIABLE SOURCES FOR COVID-19 UPDATES

-  [kycovid19.ky.gov](https://www.kycovid19.ky.gov)
-  [CDC.gov](https://www.cdc.gov)
-  [@GovAndyBeshear](https://twitter.com/GovAndyBeshear)

#TEAMKENTUCKY #TOGETHERKY #HEALTHYATHOME



Juniper Health will be offering a FREE Virtual Diabetes Prevention Program beginning August 17th. Contact your clinic for more information or to register.

MENTAL HEALTH CORNER

How to cope with Back-to-School Anxiety

It is normal for some students to experience some anxiety when it comes time to go back to school in the fall, but it is important to cope with these anxieties in a healthy way, such as: Addressing the common worries such as who your teacher is, how you will balance everything, if you have class with your friends, etc. Another way you can prepare yourself to succeed is to prepare to go back to school early by starting to return to your "school sleep schedule" a week or two before school starts and making sure you have your school supplies ready.

5 Ways to Kick Off a Successful School Year:

- 1.) Review last years grades.
- 2.) Set new goals for the year.
- 3.) Use this opportunity to break bad habits and create a new routine.
- 4.) Start using an agenda or planner and stay organized.
- 5.) Reach out for extra support to make sure your child is prepared, academically and mentally.

Find out more at [gradelearning.com](https://www.gradelearning.com)