



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

# YOUTH HEALTH BULLETIN



**AUGUST 2022**

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## THIS MONTH'S TOPIC:

# POWER TO PROTECT

Well,  
That wasn't  
BAD at all!



**N**ow that summer is almost over and school is about to start, it is time to go to the doctor again! Going to see your doctor every year helps keep you healthy. Going to the doctor is also when you will receive a shot if you need one. Shots can be scary, but you can face the fear by knowing they have the power to protect us! August is National Immunization Awareness Month (NIAM). So this is a great time to learn about how shots protect us and why we need them.



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Disabilities  
accommodated  
with prior notification.

# Vaccines are an important way of keeping us and our communities healthy.

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When germs, like bacteria and viruses, get in our bodies, they can make us sick. Our immune system helps us fight off these germs. Then we get better. But, sometimes these germs can lead to diseases that make us very sick. The good news is that a long time ago scientists found ways to protect us from some of the diseases and germs that make us sick. That is right — they invented vaccines, also known as shots!

We know that vaccines help keep us healthy. Scientists all over the world still work together to make new vaccines. We now have vaccines that prevent many different illness. Most of the time, getting a vaccine will stop you from getting that illness. However, if you do get sick, the vaccine stops you from getting very sick.

Kids are not the only people getting shots. People of all ages can be vaccinated. In fact, we get vaccines throughout our lives to keep us healthy. Vaccines are an important way of keeping us and our communities healthy.

Getting a shot might not be fun, but we have to get them to stay healthy. Sometimes a shot can hurt, but that pain usually goes away quickly.



And it's not as bad as actually getting sick from a disease. Do not be worried if your arm is sore after getting a shot — that is normal. After you get a vaccine, you could get a low-grade fever or a small bruise where you got the shot. Your mom or dad will make sure to talk with your doctor if anything is not normal.

## To make shots easier and your doctor's visit a bit more enjoyable, try these tricks:

- Take your favorite stuffed animal, blanket, or book with you.
- Hold your parent's hand while getting your shot.
- Focus on your breath and staying calm while getting your shot.
- After your visit, celebrate your bravery in your favorite way.

While going to the doctor's office and getting a shot might not be our favorite thing to do, remember that vaccines have the power to protect you and keep you healthy!

## REFERENCES:

<https://kidshealth.org/en/kids/guide-shots.html>

## ADULT HEALTH BULLETIN

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