



# ADULT VACCINATION AWARENESS CAMPAIGN

## WHY WE KEEP VACCINATING

Vaccines Help Protect Us From Terrible Diseases That Could Return If We Stop Immunizing

### REDUCE YOUR RISK

Information from the Centers for Disease Control and Prevention (CDC) explains why continued vaccination is so important to everyone's health! \*

**Before the middle of the 20th Century**, diseases like whooping cough, polio, measles and smallpox struck hundreds of thousands of infants, children and adults in the U.S., taking heavy tolls of sickness and death. As vaccines were developed and became widely used, rates of these vaccine-preventable diseases (VPDs) declined until today most of them are nearly gone from our country.

**Vaccine-preventable diseases haven't disappeared. They are under control because we keep vaccinating against them.** Only one disease — smallpox — has been totally erased from the planet. Polio no longer occurs in the U.S., but it is still paralyzing children in

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### DID YOU KNOW?

We must keep immunizing against the vaccine-preventable diseases (VPDs) even though we have drastically reduced their occurrence through decades of dedicated immunization.



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several countries. More than 350,000 cases of measles were reported around the world in 2011, with outbreaks in the Pacific, Asia, Africa, and Europe. In that same year, 90% of measles cases in the U.S. were associated with cases imported from another country. Only the fact that most Americans are vaccinated against measles prevented these clusters of cases from becoming epidemics. **If we let ourselves become vulnerable by not vaccinating, a case that could touch off an outbreak of some disease that is currently under control is just a plane ride away.**

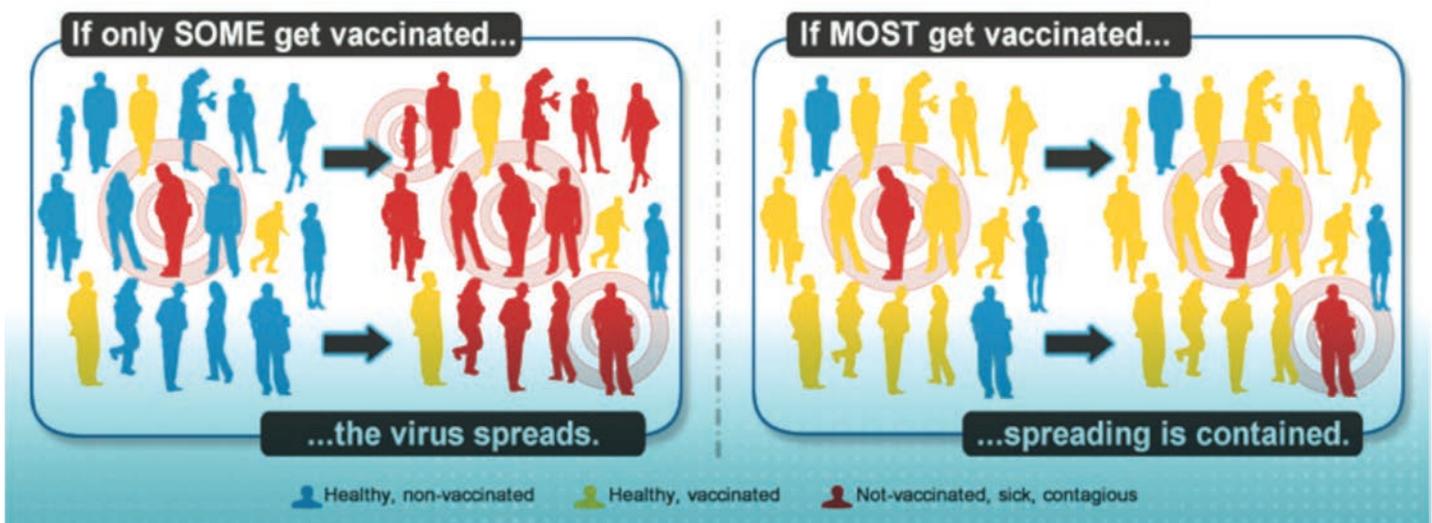
**Vaccines don't just protect you.** Most vaccine-preventable diseases are spread from person to person. If one person in a community gets an infectious disease, he or she can spread it to others who are not immune. But a person who is immune to a disease because he or she has

been vaccinated can't get that disease, and can't spread it to others. The more people who are vaccinated, the fewer opportunities a disease has to spread.

**If we stop vaccinating, the diseases can come back.**

Vaccinations are not just for protecting ourselves, and are not just for today. They also protect the people around us (some of whom may be unable to get certain vaccines, or might have failed to respond to a vaccine, or might be susceptible for other reasons). And they also protect our children's children and their children by keeping diseases that we have almost defeated from making a comeback.

**What would happen if we stopped vaccinations? We could soon find ourselves battling epidemics of diseases we thought we had conquered decades ago.**



**DON'T WAIT – VACCINATE!**

\* Information based on and excerpted from <http://www.cdc.gov/vaccines/vac-gen/whatifstop.htm>

ALL-VAX provides multiemployer funds with tools to help raise awareness about the benefits of adult immunization against vaccine-preventable diseases. Go to [www.ALL-VAX.org](http://www.ALL-VAX.org). ALL-VAX is part of NCCMP's UNITED FOR HEALTHY LIVING CAMPAIGN.

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