



August is National Immunization Awareness Month.

Get a boost of prevention with recommended immunizations. At kp.org, you can find out which immunizations are important for you and your children.

[Get an overview on immunizations.](#)

[Learn about a particular immunization using our online health encyclopedia](#)

[View your immunization history \(members only\)](#)

Take your best shot

Kids need them to grow up strong, but certain immunizations and vaccines are also recommended for adults and women who are pregnant. Get the straight scoop by checking out these immunization schedules.

[Childhood immunizations](#)

[Adult immunizations](#)

[Adults with special conditions, including pregnancy](#)

More on immunizations

[Plan for immunizations for travel](#)

[Should you get a flu shot?](#)

[Learn whether your daughter should get the HPV vaccine!](#)

At the office: Prevention at Work -- keep up with your immunizations

Flu. Pneumonia. Hepatitis A and B. These and other diseases are common and can eat away at your valuable sick days, but there's a way to protect yourself. Immunizations can help to prevent disease and keep it from spreading to coworkers. Plus, getting an immunization can cost far less than treating a disease.

Here are some tips:

- Ask your doctor which shots you may need.
- Your children will be going back to school soon. Make sure they're immunized, for their benefit and yours.
- Planning travel to another country? Find out which immunizations, if any, are required.
- Go to kp.org/immunizations for more information.

Su salud en línea

En kp.org puede encontrar recursos para ayudarle a llevar una vida más sana y feliz, además de cientos de páginas de información en español. Sólo visite el sitio kp.org/espanol y descubrirá útiles recursos, como nuestras [enciclopedias en línea de la salud](#) y [de medicamentos](#), aparte de [diversos artículos sobre temas de salud](#) como el asma, la diabetes, la gripe, la nutrición y la salud de la mujer. Manténganse usted y su familia sanos todo el año. **Viva bien.**