

# Immunizations & You

## Considerations for Adults with Mental Illness



**Immunizations** are simple, safe, and effective ways of protecting you against harmful diseases, before you come into contact with them. They use your body's natural defenses to build resistance to specific infections and makes your immune system stronger. Typically, this is done using a **vaccine** given in the form of a shot.

### Access Risk Factors: ARM SHOT

- **A**ge
- **R**isk of exposure
- **M**edical Conditions
- **S**ubstance use history
- **H**IV status or other immunocompromised states
- **O**ccupancy, or living arrangements
- **T**obacco use

Notes:

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# December

# 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 World AIDS Day	2
3	4	5	6	7 Hanukkah begins	8	9
10	11	12	13	14	15 Hanukkah ends	16
17	18	19	20	21 Winter starts	22	23
24	25 Christmas Day	26 Kwanzaa	27	28	29	30
31 New Year's Eve	Health Tip: <i>Seasonal Health</i> Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use hand sanitizer that contains at least 60% alcohol. This is a great time of year to consider getting your flu shot!					