



# CEMEX Health Essentials

Keep vaccinations up to date – Key Messages





# Keep vaccinations up to date

- Immunization is the process whereby a person is made resistant or immune to an infectious disease, typically by the administration of a vaccine
- Your need of vaccination doesn't end when you become an adult. The protection from some vaccines you received as a child can wear off
- Vaccines not only protect you, but reduce the chance you'll spread illness to the community
- The specific vaccines you need as an adult are determined by factors such as your age, health condition (e.g. diabetes, lung diseases, etc), job, lifestyle, locations of travel and vaccines you've received in the past.
- Ask your doctor which vaccines are right for you
- If you plan to travel abroad, and specially to risk areas, speak with your physician about vaccinations to consider (e.g. Hepatitis A, Yellow fever, Hepatitis B, etc)
- Having an up-to-date record is important because it shows if you are protected against vaccine-preventable diseases
- Your doctor can order a blood test to check your level of protection in case you don't have your record vaccinations
- Vaccine side effects are usually mild and go away on their own. Severe side effects are very rare
- You're never too old to get vaccines. Sticking to a vaccination schedule as you age gives you the best shot at long-term health

