

TO: EZIZ Users
FROM: CDPH
SUBJECT: A healthy start begins with on-time vaccination
DATE: 8/15/16

Dear EZIZ Users:

The theme of the third week of National Immunization Awareness Month ([NIAM](#)) is “A healthy start begins with on-time vaccination.” Vaccines give parents the safe, proven power to protect their children from 14 serious diseases before they turn 2 years old. Parents can provide the best protection by following the [recommended immunization schedule](#) – giving their child the vaccines they need, when they need them. Many of these immunizations are also required for [child care](#) and [school](#) entry in California. (Please note: [personal beliefs exemptions](#) are no longer allowed).

It’s easy to think of the diseases we vaccinate against in early childhood as diseases of the past. Most young parents in the U.S. have never seen the devastating effects that diseases like measles or polio can have on a family or community. But the truth is they still exist. Last year’s measles outbreak was a perfect example of how quickly infectious diseases can spread when they reach groups of people who aren’t vaccinated.

See [Megan’s Story](#) on [ShotByShot.org](#) to hear about a family’s struggle caring for their 10 month old son with measles. He was exposed in the waiting room at his doctor’s office. Consider promoting Megan’s Story on social media, during health events, or in waiting rooms. Also, check out the NIAM toolkit (<https://www.nphic.org/niam>) for more ideas on how to raise awareness of vaccines for babies and young children, including social media messages, template news releases, graphics, and more. Give your children and the children you care for a healthy start!