



CHATting ABOUT HEALTH

Vaccines Save Lives

Vaccines work with the body's natural defenses to build protection and reduce the risk of getting a disease.

Each year vaccines prevent millions of cases of illness and death.

Here are just some of the many diseases that childhood vaccines protect against.



POLIO was once one of the most feared diseases in the United States. It is a crippling and potentially deadly disease caused by virus. Prior to the polio vaccine, more than 16,000 people got sick with polio each year in the US. Today, thanks to vaccination, wild poliovirus has been eliminated in the US.



TETANUS is a serious disease caused by a bacteria that is found in soil, dust, and manure. The bacteria get into the body through breaks in the skin and produce a toxin that causes painful muscle contractions that can be strong enough to break a child's bones. Tetanus can cause breathing problems and paralysis. Thanks to vaccination, today, there are only sporadic cases of tetanus in adults who have not gotten all the recommended tetanus vaccinations.



MEASLES is very contagious and can be serious.

- About 1 in 5 people in the U.S. who get measles will be hospitalized
- 1 to 3 out of 1,000 people with measles will die, even with the best care.

The measles shot is very safe and is effective at preventing measles. Almost everyone who has NOT had the measles vaccine will get measles if they are exposed to the virus.



WHOOPIING COUGH (pertussis) is a highly contagious disease that can be deadly for babies. It can cause uncontrollable, violent coughing, that makes it hard to breathe. Before the whooping cough vaccines were recommended for all infants, about 8,000 people in the US died each year from whooping cough. Today, because of the vaccine, this number has dropped to less than 20 per year.

Learn more from WHO

https://www.who.int/health-topics/vaccines-and-immunization#tab=tab_1



Learn more from CDC

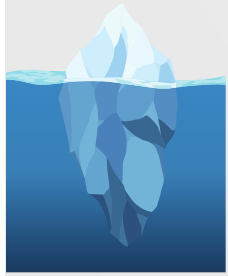
<https://www.cdc.gov/violenceprevention/https://www.cdc.gov/vaccines/parents/diseases/forgot-14-diseases.html/index.html>



Sexual Violence Facts

Sexual violence is common.

Over half of women and almost one third of men have experienced sexual violence in their lifetime.



The numbers of reported cases are underestimates. Survivors may not report because they are afraid, ashamed or embarrassed.

They may have been threatened with further harm if they tell anyone. They may think no one will help.

Sexual violence affects some groups disproportionately.



Women and some racial and ethnic minority groups such as non-Hispanic American Indian or Alaska Native and non-Hispanic multiracial groups experience a higher burden of sexual violence.

Sexual violence is costly.



It is estimated that the lifetime cost of rape, including medical costs, lost productivity, criminal justice activities, and other costs is \$122,461 per survivor.

The consequences of sexual violence are wide ranging.

- *Physical consequences include bruising, sexually transmitted illness and pregnancy.*
- *Psychological consequences include depression, anxiety, post traumatic stress disorder, and suicidal thoughts.*
- *Sexual violence survivors are more likely to smoke, abuse alcohol, use drugs, and engage in risky sexual activity.*
- *The trauma from sexual violence may impact a survivor's employment in terms of time off from work, diminished performance, job loss, or inability to work.*

Certain factors may increase or decrease the risk for perpetrating or experiencing sexual violence. To prevent sexual violence, we must understand and address the factors that put people at risk for or protect them from violence.

**Learn more about
Sexual Violence
from CDC**



<https://www.cdc.gov/violenceprevention/sexualviolence/fastfact.html>

COVID-19 VACCINES

Visit CDC to learn more about current COVID-19 vaccine recommendations :
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>



To find a COVID-19 Vaccine Clinic near you visit:
<https://www.vaccines.gov/>

