

Working on Wellness

Monthly wellness from the SD Department of Health
Office of Chronic Disease Prevention and Health Promotion

What
Vaccines
do **You** need?



DON'T WAIT. VACCINATE!

National Immunization Awareness Month

Vaccines can lower your chance of getting certain diseases. Vaccines work with your body's natural defenses to help you safely develop immunity to disease. This lowers your chances of getting certain diseases and suffering from their complications.

For instance:

- Hepatitis B vaccine lowers your risk of liver cancer.
- HPV vaccine lowers your risk of cervical cancer.
- Flu vaccine lowers your risk of flu-related heart attacks or other flu-related complications from existing health conditions like diabetes and chronic lung disease.
- Getting recommended vaccines can give you some peace of mind. You will have the best possible protection available against a number of serious diseases.

Use the [Adult Vaccine Self-Assessment Tool](#) to find out which vaccines you may need. You can read more about [Vaccine Information for Adults](#).

SDSU Extension Mitchell Regional Center



August is World Breastfeeding Awareness Month! Highlighted here is the SDSU Extension Mitchell Regional Center as one of their grant initiatives involved turning an unused storage area into an inviting space that will be used as a Mother's Room. A small desk, mirror, and lamp was purchased to furnish the space and provides more accessibility for nursing mothers.

We encourage your worksite to implement the

[Breastfeeding Support Policy](#) with recommendations and guidance on ways to support employees who are breastfeeding.



LIVING HEALTHY WORKS.

GOOD&HEALTHY SOUTH DAKOTA WORKPLACES

WORKWELL Partnership Summit

- August 4
- August 11
- August 18
- August 25
- September 1
- September 8

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