

WORKING ON WELLNESS

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

3 Important Reasons for Adults to Get Vaccinated

August, National Immunization Awareness Month raises awareness and encourages everyone to make sure they are current on the necessary vaccinations for potentially harmful diseases. Many diseases can be easily prevented by administering vaccines, and thus, protecting you from unseen viruses. Take the necessary precautions with a simple call to your doctor, and avoid potential harm while leading a healthy, happy life. You may not realize you need vaccines throughout your adult life. Vaccines are important to your health. [CDC](#) shares three reasons why.



1. You may be at risk for serious diseases that are still common in the U.S.
2. You can't afford to risk getting sick.
3. You can protect your health and the health of those around you by getting the recommended vaccines.



HEALTHY LUNCH IDEAS AT WORK

A healthy lunch doesn't have to be expensive. Stick to your budget by making your lunch at home and packing it for work. [Eat Well](#) has healthy lunch ideas that clock in at \$3 or less per serving. With over 50 homemade lunches to inspire you including cold sandwiches, salads and grain bowls and warm soups and burritos. Plan for your work week so you can stay on track and don't resort to fast food!

Take the South Dakota Breastfeeding-Friendly Business Pledge!



August is National Breastfeeding Month! The SD Breastfeeding-Friendly Business Pledge is a voluntary, good-will pledge to show your business' support for both breastfeeding customers and employees. In South Dakota, 83.6% of mothers breastfeed and over 640 businesses have pledged their support. **Show your support and [take the pledge!](#)**

Apply for the [breastfeeding-friendly breastfeeding grant](#) to receive up to \$1,000 to create a new lactation space, improve an existing one or help breastfeeding moms who work outdoors or travel. All types and sizes of SD businesses are eligible to apply but hurry applications are due August 30, 2019!