

AUGUST 2021

Healthy Living

Did you know that immunization prevents 2–3 million deaths per year?



Each August, National Immunization Awareness Month encourages all people to protect their health by being immunized against infectious diseases.

A healthy start

If you are pregnant or are planning a pregnancy, get vaccines as advised by your health care provider. These include vaccines for flu and whooping cough. Most childhood vaccines are given during a baby's first 2 years. Learn which vaccines a child needs from birth to age 6 at www.cdc.gov/vaccines/schedules/easy-to-read/child.html.

Back to School

Schools are highly prone to outbreaks of infectious diseases because students can easily transmit illnesses to one another as a result of poor hand washing, uncovered coughs and dense populations. Check out the immunization schedule for all recommended vaccines for ages 7 to 18 at www.cdc.gov/vaccines/schedules/easy-to-read/preteen-teen.html.

Off to the Future

Because some diseases can spread quickly in settings like college dorms and classrooms, many colleges and universities have vaccine requirements for school entry. College-age students should get vaccines not yet received in childhood and follow the adult vaccine schedule, as needed.

Not just for kids

Did you know that adults age 19 and older need a Tdap vaccine for whooping cough if they did not get it as a teen? Adults should also get vaccines for: tetanus/diphtheria every 10 years, shingles at age 60 or older, and pneumonia at age 65. See CDC's adult vaccine schedule for these and other vaccines at www.cdc.gov/vaccines/schedules/downloads/adult/adult-combined-schedule.pdf.

Things to keep in mind:

- If you have questions about vaccinations, ask your doctor or healthcare professional. Your doctor will typically give you a vaccine information statement which includes details about the risks and benefits of each vaccine. If your doctor doesn't give you one, feel free to request a copy.
- Sometimes you may experience mild reactions from shots, such as pain at the injection site, a rash or a fever. These reactions are normal and typically subside shortly afterwards. Discuss any persistent side effects with your physician.
- Vaccinations can provide herd immunity, which is an indirect form of protection against infectious diseases. This occurs when a large portion of the population becomes immune to a disease, providing a degree of protection to those who are not immune.



FEATURED RECIPE

Pasta Salad with Grilled Zucchini, Corn, & Pesto

Ingredients

- 6 ounces rice noodles
- 2 medium zucchini, halved lengthwise
- 1 red bell pepper, cut in half, seeded
- ½ an onion, cut into ½ inch wedges
- 1-2 ears of fresh corn (or use frozen, roasted corn), shucked
- Oil, salt and pepper for veggies
- Garnish with cherry tomatoes, lime wedges, pepitas, cilantro leaves

For the vegan cilantro pesto:

- 1 large bunch cilantro and thin stems
- 2 fat garlic cloves
- 1-2 tablespoons chopped jalapeno (optional)
- ½ cup olive oil
- ⅓ cup pumpkin seeds (raw)
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon coriander (optional)
- ½ teaspoon smoked paprika (optional)
- 1 tablespoon lime zest
- 2 tablespoons lime juice



Directions

1. Preheat the grill to medium high, and boil water for the rice noodles.
2. Prep the veggies — brush or spray with olive oil, and sprinkle with salt and pepper.
3. Pour boiling water over the rice noodles, (you can put them in a baking dish) let stand for 3 minutes, then drain and rinse with cold water. Set aside.
4. Place the veggies on the grill, lower heat to medium, cover, then make the cilantro pesto. Check the veggies every 5 minutes or so, turning.
5. Place all the cilantro, garlic and jalapeño in food processor and pulse repeatedly until finely chopped. Add the remaining ingredients and pulse until combined but not too smooth. You should have a fairly loose (runny) pesto.
6. Once the veggies are done, cut into bite-sized pieces. Give the pasta a final cool water rinse, loosening it up. Drain and place in a bowl. Add the cilantro pesto and the veggies and an additional ½ teaspoon salt. Adjust lime, salt and heat according to your taste preference. You can add a pinch of chipotle pepper, chili flakes, or even more finely chopped jalapeño to bump up the heat.
7. Place on a serving platter or in a bowl, top with halved cherry tomatoes, sprinkle with more pepitas and cilantro leaves and serve with lime wedges.

Recipe yields 5 servings, with 382 calories/serving.