



Healthy Fontana Newsletter: National Immunization Month

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August is National Immunization Month

Every month, the Centers for Disease Control and Prevention (CDC) selects health observances, holidays, and other special times of the year to help promote a healthy lifestyle for you, your family, and your community. This month, we are highlighting the month of August as National Immunization Awareness Month.



You have the power to protect against vaccine-preventable diseases.

Vaccination is important at all ages from even before birth into late adulthood. Vaccines can be a powerful tool in the fight against some diseases. As an individual, **"You have the power to protect against vaccine-preventable diseases."** And, as a caregiver to children or other family members, you can help loved ones stay protected. Vaccines can help prevent serious diseases at every stage of life including antibodies that can get transferred from pregnant moms to their unborn; measles, cancers caused by HPV, and whooping cough for children; and shingles, pneumonia, and flu for adults.

Vaccines are safe and effective at preventing serious diseases.

There has been many studies and evaluation to show that getting vaccinated has reduced the risk of getting ill/seriously ill. For example, a 2018 study showed that getting a flu shot reduced a pregnant woman's risk of being hospitalized with the flu by an average of almost 50%.

Back to School Banana Pancakes



Ready in: 40 mins

Serves: 6

WHAT YOU NEED:

- 2 cups whole wheat flour
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon salt (optional)
- 6 bananas, *divided*
- 2 eggs, *beaten*
- 2 cups nonfat milk
- 3 tablespoons vegetable oil
- Nonstick cooking spray

WHAT TO DO:

For children, vaccines work with their natural defenses to help protect them from diseases. Vaccines also go through several testing procedures for safety and effectiveness and monitored even after use.

Vaccines can cause side effects but they tend to be mild and only temporary.

Talk with your doctor or nurse to learn how you can stay updated with the recommended vaccines.

Talking to your provider to ensure you stay on top of vaccines is important in your line of defense against serious illnesses. Some vaccines should be administered during certain times to provide the best protection such as a Tdap vaccine during the 27th through 36th week of pregnancy against whooping cough for both baby and mother.

Some vaccines require more than one dose to be the most effective against life threatening diseases. Speaking to a medical professional to learn about an immunization schedule early on is a good first step in helping stay protected.

Missing recommended vaccines can be more detrimental for people with chronic health conditions since they are at a higher risk of getting sick from some preventable diseases. Talking to a nurse or doctor in this case can be crucial.

For more information, visit the CDC website.

Get Ready for Fall with a Garden!



There are many reasons why community gardening is great for our health including: improved air and soil quality, reduces the amount of miles that food has to travel, and may help improve nutrition and increase the consumption of fruits and vegetables by increasing access to fresh foods.

To learn how you can **lease your own plot at the Central City Park Community Garden**, visit [the City's Garden Plots page](#) or call the Cypress Neighborhood Center at 909-349-6988.

And, don't forget to mark your calendars for the Community Garden Open House on August 31st!

1. Mix together flour, baking powder, cinnamon, and salt in a bowl.

2. In another bowl, mash 2 bananas (~1 cup). Add: eggs, milk, and oil, then mix. Add wet mixture to dry flour mixture & stir until just combined.

3. Spray a skillet/griddle with nonstick cooking spray and heat over medium heat. When heated, drop batter onto the skillet using a large spoon or 1/4 cup measuring cup.

4. Cook until bubbles rise up evenly throughout the pancake. Flip pancakes using a spatula.

5. Cook 2-3 minutes on the other side until cooked through. Continue making pancakes until batter is gone.

6. While pancakes cook, slice remaining bananas.

7. Serve pancakes immediately, topped with sliced bananas instead of syrup.

From: CalFresh Healthy Living

Mark Your Calendars!

- [FREE COVID-19 Testing and Vaccines](#) - ongoing
- 8/3: Healthy Fontana will host a booth at National Night Out at Miller Park Amphitheater | 5pm-8pm
- 8/14: [Fontana Walks](#) at Mary Vagle Nature Center | 7am
- 8/14: Healthy Fontana will host a booth at the [CAP Resource Fair](#) at Jack Bulik | 9am-3pm
- 8/27: [Fontana Walks](#) at Fontana Park | 6:30pm
- 8/31: Central City Park Community Garden Open House | 6:30pm

Connect with Healthy Fontana!

Community Services Department

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Healthy Fontana Hotline (909) 350-6542

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