Vaccinations keep us healthy at every age! They can help you and your family stay healthy and prevent illnesses.

- A vaccine helps your body recognize and protect against a disease’s germs before they make you sick.
- A vaccination introduces antibodies to your body, which will fight the disease in case you are ever in contact with it.
- Screening tests can find diseases in their earlier stages when they are easier to treat.
- Taking regular screening tests can help to prevent and treat these diseases before serious effects occur.

How can you practice prevention?

- Get your immunizations. Visit the UCI Student Health Center, or your primary care provider for the flu shot. Learn about UC Medical Plans for more prevention strategies.
- Know Your Numbers! Take advantage of health screenings on campus. Use a healthy prevention checklist to schedule recommended health screenings with a healthcare provider.
- Be physically active, eat a healthy diet, maintain a healthy weight and develop a plan to quit smoking.

Visit wellness.uci.edu to learn more preventative strategies for better health.