

Got Your Shot?

Are you and your children on top of receiving your vaccinations?

August is National Immunization Awareness Month, a good reminder of the importance of vaccines. Keeping up to date with your vaccinations helps avoid serious illnesses, and prevents others from becoming ill.

August is also back to school month—an opportune time to receive vaccines. Below are the vaccines recommended for children at various ages, according to the National Institutes of Health.

- **Tdap:** A booster to protect against tetanus, diphtheria, and pertussis (whooping cough). Recommended for preteens (11-12), as well as any teens (13-18) who haven't gotten this shot yet.
- **Meningococcal Conjugate Vaccine (MCV4):** Protects against meningococcal disease. First dose is recommended at age 11 or 12 followed by a booster (2nd shot) at age 16-18.
- **Human Papilloma Virus (HPV) Vaccine:** Protects against the types of HPV that cause most cervical cancers. The HPV vaccine is given in three doses over a 6-month period to boys and girls starting at 11-12 years.
- **Influenza (Flu) Vaccine:** Protects against different strains of seasonal influenza. A yearly dose is recommended for everyone 6 months and older.

In addition, people over the age of 60 are recommended to receive a zoster vaccination, regardless of whether or not they have had zoster herpes.

Vaccines have been one of the most significant medical developments in the past century, helping eradicate deadly diseases such as small pox and substantially reduce cases of other diseases. Continuing to vaccinate throughout one's life will help avoid serious illness.

TURN OVER FOR VACCINATION INFORMATION ►►►



Your child spends more time at school than anywhere else except home. Make sure they're ready for a healthy school year as the school year approaches.

CHECK-UPS AND IMMUNIZATIONS

It's a good idea to take your child in for a physical before school starts—especially if they are participating in sports. Schools often require copies of physicals and a waiver for student athletes.

School entry also often requires immunization records. Find out what your child's school requires and bring any school forms for your healthcare provider to fill out and sign. Failure to keep immunizations up-to-date could prevent your child from attending school.



VACCINES STOP ILLNESS

Vaccines have reduced or eliminated many infectious diseases that once killed or harmed many infants, children, and adults. However, the viruses and bacteria that cause vaccine-preventable disease and death still exist and can be passed on to people who are not protected by vaccines.

Many diseases once widespread are becoming very rare in the United States because we have been vaccinating against them. Even if there are only a few cases of disease today, the reduction in vaccinations can cause the disease to spread.

We don't vaccinate just to protect our children—we vaccinate to protect our grandchildren and their grandchildren.

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