



AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH

Immunization is one of the most significant public health achievements of the 20th century. Vaccines have eradicated smallpox, eliminated polio in the U.S., and reduced the number of measles, diphtheria, rubella and others. However, despite these efforts, thousands of people still die from these and other vaccine-preventable diseases.



Who should be immunized? EVERYONE should stay up-to-date on immunizations; it's a lifelong effort.

When are immunizations given? Because children are more vulnerable to infections, most vaccines are given during the first 5-6 years of life. Other immunizations are recommended during adolescent or adult years. Booster immunizations are recommended throughout life.

Vaccines for adults include:

- ✓ **Tetanus-Diphtheria Vaccine: Td** is a tetanus-diphtheria vaccine given to adolescents and adults as a booster shot every 10 years, or after an exposure to tetanus under some circumstances. **Tdap** is similar to Td but also containing protection against pertussis. Adolescents 11-18 years of age (preferably at age 11-12 years) and adults 19 through 64 years of age should receive a single dose of **Tdap**. For adults 65 and older who have close contact with an infant and have not previously received Tdap, one dose should be received. Tdap should also be given to 7-10 year olds who are not fully immunized against pertussis. Tdap can be given no matter when Td was last received.
- ✓ **Influenza (Flu) Vaccine** The vaccine changes every year to contain the 3 strains of flu expected to be the most virulent. The vaccination is given every year in fall or winter. October and November are the ideal months.
- ✓ **Pneumococcal Vaccine** (adults 65 and older) Protects against 23 types of pneumococcal bacteria. Usually one (1) dose is needed, however, a 2nd dose is recommended for those people > 65 years old who got their first dose before age 65, especially if five (5) or more years have passed since last dose.
- ✓ **Hepatitis B Vaccine** (adults at risk): This vaccine prevents Hepatitis B disease and its consequences, like liver cancer. It's a series of three vaccinations over a six (6) month period.
- ✓ **Measles-Mumps-Rubella (MMR) Vaccine** (susceptible adults) Persons born in 1957 or later (especially those born outside the U.S.) should receive at least one (1) dose if no proof of immunity or documentation of a dose given on or after their 1st birthday.
- ✓ **Varicella (chickenpox) Vaccine** (susceptible adults) Chickenpox vaccine is recommended for anyone born in the U.S. after 1965 who has never had chickenpox or has not been vaccinated against chickenpox. You'll need two (2) doses.
- ✓ **Vaccines for travelers**



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