

AUGUST 16, 2023

MCHD HEALTH BLOG

The greatest wealth of a community is the health of the people.



Public Health
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MORGAN COUNTY HEALTH DEPT.



ADULTS NEED IMMUNIZATIONS TOO!

National Immunization Awareness Month is an annual observance held in August to highlight the importance of routine vaccination for people of all ages. When many people think about routine vaccines, they think about the recommended vaccines for children. Did you know adults need vaccines too? They do! When was the last time you checked to see if you are up to date on your vaccines?

While you may have received many of the recommended vaccines as a child, the protection of some vaccines can lessen over time. You might need a booster dose of some of these vaccines to maintain your protection against disease. One example of this is the tetanus booster. Adults should receive a tetanus booster every 10 years to protect against infection from dirty wounds.

Do you have diabetes or heart disease? Adults with certain health conditions such as these are at greater risk for severe complications from certain vaccine-preventable diseases. By staying up-to-date on your vaccines, you can help protect yourself from not only these diseases but also against the dangerous complications or consequences these diseases can bring. Some examples of these vaccines are seasonal influenza (flu), COVID-19, Hepatitis B and Human papillomavirus (HPV).

If you are pregnant, Tdap and flu vaccines are recommended, because they help protect mother and baby against whooping cough and flu. In fact, grandparents, caregivers and anyone who is going to be in contact with a new baby should also be up to date on their vaccinations for these two illnesses. Tdap should be given at least every 5 years to those working with or taking care of children under the age of 5 as the pertussis part of that vaccine has not been shown to last over 5 years.

Some vaccines for adults are recommended based on age. These include current CDC recommendations of Hepatitis B vaccine for people between 19 and 59 years of age and Zoster(Shingles) vaccine if you are over 50 years old.

Other vaccines may be recommended based on your job or travel plans. Because vaccination protects you and those around you, vaccines can be required for everyday activities as well as for particular situations. Take the time to talk to your healthcare professional about which vaccines are right for you. Our office, as well as many local providers offer adult vaccines. Have vaccine questions or need to schedule an appointment? Call our office at 740.962.4572 to speak with our nurse. The greatest wealth of a community is the health of the people.