

FOR IMMEDIATE RELEASE

Immunizations: Not Just For Children and the Elderly

Little people and senior citizens aren't the only groups that need to keep their immunizations current. Young and mature adults also have special immunization concerns.

High school seniors should see their health care provider this fall to make arrangements for appropriate immunizations. The HPV vaccines are a three shot series recommended by the Centers for Disease Control for young men and women. The three shots are administered over a six month period. Immunization against meningitis is strongly recommended for young adults and required at many colleges. This is also a good time to check your immunization booster history. For the college bound, it's best to get your immunizations out of the way before graduation. Don't wait until the week before you leave for school to get your shots!

If you don't remember when you had your last tetanus or pertussis (whooping cough) booster, it may well be time to get one. Kathy Tetrault, PA-C with the Ruby Valley Health Clinics reports that there has been a resurgence of whooping cough in other parts of the country. She explained that while the whooping cough is not especially life threatening for adults, it can be critical for infants and small children that haven't completed the immunization series. Kathy said that TDaP (tetanus, diphtheria and pertussis) boosters are recommended every five years for high risk groups because immunity starts to drop off after 5 years. You should check with your health care advisor to determine if you fall into a high risk group. Whooping cough is very contagious, so please do your part to control it and get a booster shot. Your new grandchild, niece or nephew will thank you for it. Boosters for tetanus, diphtheria and pertussis are administered as a single shot.

The first shipment of flu vaccine is scheduled to arrive at the Madison County Health Department at the end of August. Flu season is starting early this year with several cases being reported in other areas of the country. Christine Durham, Madison County Health Nurse (843-4295), said that this year's formulation includes three strains of influenza vaccine: H1N1, H3N2 and an influenza B strain. She will have flu immunization clinics scheduled throughout the county.

Please contact your health care provider to discuss your immunization needs.

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