



FOR IMMEDIATE RELEASE 01-19-12

MEDIA CONTACT: Leslie Kinnee

989-831-3669, kinnee@mmdhd.org

Mid-Michigan District Health Department

615 N. State St., Stanton, MI 48888-9702, www.mmdhd.org

Vaccines aren't just for babies; teens and adults need them too!

Stanton, MI- As challenging as it can be to stay on top of a child's vaccination schedule, adults are urged to remember that they too need protection from vaccine preventable diseases.

Vaccinations have the ability to protect against numerous diseases. Unfortunately, many Michigan adults are under-vaccinated, putting themselves and their families at risk.

"Most adults don't realize how important it is that they continue to get vaccinated against serious diseases, and that it's a lifelong process," said Dr. Robert Graham, Medical Director for MMDHD. Graham went on to say that vaccinating adults also protects infants, children, seniors and individuals with weakened immune systems.

Take for instance whooping cough, a highly contagious respiratory disease, which has been on the rise in recent years in the U.S. and in Michigan. People 13-64 who have not yet received the Tdap vaccine should be vaccinated at their next healthcare visit, and those 65 years or older should be vaccinated if they are living with or caring for infants under 12 months of age. It is especially important that those in contact with infants get vaccinated against whooping cough, including pregnant women, new parents, siblings, grandparents, day care and child care workers, and health care personnel.

Also on the rise in the U.S. and internationally is another highly contagious disease, measles. Adults who haven't received the MMR vaccine should get immunized right away. It is especially important for those planning to travel abroad to be vaccinated against measles, as many of the cases throughout the U.S. have been brought in from other countries.

Adults should also check to see if they are protected against other diseases such as shingles, pneumococcal disease, varicella (chickenpox), tetanus, human papillomavirus, and hepatitis A and B.

Parents should ensure that their teens receive a booster dose of meningococcal (meningitis) at 16-18 years of age as well as college students 19-21 years of age who haven't received the vaccine in the past five years. Other adults may also need this vaccine, so be sure to check with your doctor.

And last, but certainly not least, flu season is definitely in full swing. Make sure that everyone in your household, over the age of six months, receives their yearly flu shot to be fully protected. If you, or someone in your family, has not already been vaccinated, not to worry; there is still time!

Don't go without protection from preventable diseases! Make sure to ask your doctor what vaccines you may need at your next visit.

For more information, visit www.adultvaccination.org or call MMDHD at 989-875-1019.

Mid-Michigan District Health Department serves the residents of Clinton, Gratiot and Montcalm Counties.

###