



Reach-Up  
Head Start  
Early Head Start



# The Whistler



## FEBRUARY 2020

### Let's talk about shots...Why Stay Up To Date on Vaccines? *And here are several reasons why...*

- ▶ **Vaccines aren't just for kids.**  
Vaccines are recommended throughout people's lives.
- ▶ **Adults are at risk.**  
Most illnesses, hospitalizations, disability, and deaths from vaccine-preventable diseases occur among adults.
- ▶ **Many adults aren't up to date with their vaccinations.**  
Most adults are not aware of the many vaccines recommended for them. In fact, only about 1 in 5 adults is actually up to date, leaving many adults vulnerable.
- ▶ **Adults need more than an annual influenza vaccination.**  
Although most adults know they are recommended to receive influenza vaccine each year, they may not be aware of other vaccines that might be recommended for them to prevent tetanus, diphtheria, pertussis (whooping cough), pneumococcal disease, shingles, hepatitis A and B, meningococcal disease, measles, mumps, rubella, and human papillomavirus.
- ▶ **Vaccines help adults stay healthy and able to meet their many obligations.**  
Adults need to stay healthy so that they can work, take care of their families and themselves, and fulfill other commitments in their lives.
- ▶ **Vaccines protect loved ones.**  
Vaccines can help prevent adults from spreading a severe illness to a loved one. For example, getting vaccinated against pertussis can help protect new babies in the family from this serious disease. And, influenza vaccination reduces the risk of spreading illness to family members like infants and elderly people who may be more vulnerable to severe complications associated with influenza.
- ▶ **Vaccines protect pregnant women and their babies.**  
Pregnant women who get Tdap and influenza vaccine during pregnancy protect themselves and their babies from influenza and pertussis (whooping cough), influenza-related preterm labor in moms, and hospitalizations for their babies.
- ▶ **Vaccines prevent serious health-related complications from vaccine-preventable illnesses.**  
Vaccines can also prevent complications of infections that sometimes occur with a vaccine-preventable disease, such as damage to the eye from shingles or heart attacks brought on by influenza illness.
- ▶ **Vaccines reduce risks related to other health conditions.**  
Adults need vaccinations based on their age and health conditions. Some health conditions, including diabetes, heart disease, and lung disease, increase a person's risk of severe illness from vaccine-preventable infections.
- ▶ **Vaccines help ensure adults stay healthy during travel.**  
Getting sick while traveling can ruin plans and be costly. Adults should discuss any upcoming travel plans with their providers to make sure they are appropriately vaccinated prior to departure.

For more information on vaccines for adults, talk to your healthcare provider and pharmacist. Additional information is available at Immunization Action Coalition at [www.vaccineinformation.org/adults](http://www.vaccineinformation.org/adults) and the Centers for Disease Control and Prevention at [www.cdc.gov/vaccines/adults/index.html](http://www.cdc.gov/vaccines/adults/index.html)

### Valentine Craft Time

<https://www.easypeasyandfun.com/valentines-day-crafts-for-kids/>

<https://lollyjane.com/valentines-day-crafts-for-kids/>

For COVID vaccine information visit:  
<https://www.health.state.mn.us/diseases/coronavirus/basics.html>

For more information about COVID & childcare/schools visit the MDH website:  
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/decision-tool.html>

**VACCINATIONS Not Just For Kids**

Did you know more than 80,000 American adults die due to diseases that could be prevented through immunization each year?

**WHAT ARE THE DIFFERENT TYPES OF VACCINES?**

- Pertussis (whooping cough)
- Hepatitis A (hepatitis)
- Hepatitis B (hepatitis)
- Tetanus
- Diphtheria
- Polio
- Hib (Haemophilus influenzae type b)
- Human papillomavirus (HPV)
- Pneumococcal
- Rotavirus
- Measles, mumps, rubella (MMR)
- Influenza
- Meningococcal
- Shingles

**WHY ARE VACCINES IMPORTANT FOR ADULTS & CHILDREN?**

Vaccines are important to maintain your health, protect those we care about from disease, prevent outbreaks and show commitment to our community.

**WHAT VACCINES DO CHILDREN NEED?**

• Talk to your provider about the recommended immunization schedule for your child through 6 years of age.

**WHAT VACCINES DO ADULTS NEED?**

As we age, immunizations we received through our childhood years may not be enough to protect us from disease. It's important to check in with your healthcare provider to make sure you're up to date on your immunizations.

Get Vaccinated Today!  
UnityPoint Clinic

**Table 1 Recommended Adult Immunization Schedule by Age Group United States, 2019**

Vaccine	19–21 years	22–26 years	27–69 years	50–64 years	≥65 years
Influenza inactivated (IIV) or influenza recombinant (RIV)			1 dose annually		
Influenza live attenuated (LIV)			1 dose annually		
Tetanus, diphtheria, pertussis (Tdap or TD)			1 dose Tdap, then Td booster every 10 yrs		
Measles, mumps, rubella (MMR)			1 or 2 doses depending on indication (if born in 1957 or later)		
Varicella (VZV)			2 doses (if born in 1980 or later)		
Zoster recombinant (RZV) (preferred)					2 doses
Zoster live (LZV)					1 dose
Human papillomavirus (HPV) Female			2 or 3 doses depending on age at initial vaccination		
Human papillomavirus (HPV) Male			2 or 3 doses depending on age at initial vaccination		
Pneumococcal conjugate (PCV13)					1 dose
Pneumococcal polysaccharide (PPSV23)				1 or 2 doses depending on indication	
Hepatitis A (HepA)				2 or 3 doses depending on vaccine	1 dose
Hepatitis B (HepB)				2 or 3 doses depending on vaccine	

Adults can take this online assessment from the CDC to see what vaccinations they need.

<https://www2a.cdc.gov/nip/adultimmSched/>

### What Vaccines do You need?

Adults need vaccines too! Answer a few quick questions to find out which vaccines you may need.

Ask my doctor...

- ✓ Flu
- ✓ Td/Tdap
- ✓ Pneumococcal
- ✓ Zoster (Shingles)
- ✓ Hepatitis
- ✓ Herpes

**DON'T WAIT. VACCINATE!**