



# Columbia County Department of Health

Nancy A. Winch, R.N., M.S.  
Public Health Director

325 Columbia Street Hudson, • NY 12534 • (518) 828-3358 • Fax (518) 828-5894

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## **AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH.**

Did you know that adults need vaccines as well as their children or grandchildren?

According to the federal Centers for Disease Control and Prevention (CDC), the benefits of immunization for people of all ages are among the most significant public health achievements of our time, but vaccine rates for adults are significantly lower than for children., “Getting immunized is a lifelong, life-protecting effort regardless of age, sex, race, ethnic background or country of origin,” said Jill Root, Public Health Nurse of the Columbia County Health Department. Vaccines are one of the simplest ways of staying healthy. Here is what is recommended for adults.

The Tetanus Booster prevents “lockjaw” which may be fatal. Adults need boosters every ten years, or sooner if there is a puncture wound. Due to an increase in the disease pertussis or “whooping cough”, adults between the ages of 19 and 64 are recommended to have one of the tetanus boosters with the pertussis or “whooping cough” component added.

The vaccine for herpes zoster or “shingles” is recommended for adults age 60 and older who have had chicken pox. This disease can become active in later life and cause a painful rash. Speak to your physician or primary care provider before getting this vaccine, however, as it may not be suitable for all older adults.

The HPV vaccine, also known as Gardasil, is recommended for girls and women between the ages of 9 and 26. This vaccine was created to help prevent certain cervical cancers caused by specific strains of HPV. Gardasil prevents 90% of genital warts and cervical dysplasias.

The Pneumonia vaccine protects us against 23 different strains of bacteria most common to cause pneumonia. It is recommended for people 2-64 with certain medical conditions and one time for people over the age of 65.

The Flu Shot is a yearly injection recommended for EVERYONE older than 6 months of age. Since the virus strain is different every year, the flu shot is different every year. Flu shots can be given as early as September and as late as May.

The Columbia County Department of Health holds vaccine clinics for adults and children every Monday and Tuesday between the hours of 1:00 and 4:00, no appointment is necessary and SOME insurances are accepted. There may be a charge for certain vaccines. Please call (518) 828-3358, ext. 1300 if you need more information.