

Tip of the Week
August 17, 2008

National Immunization Month Observed in August

In August, as parents are enrolling young children in schools and older students enter college, observance of National Immunization Month provides the opportunity to spotlight the importance of keeping vaccinations up to date. Vaccines are responsible for the control of many infectious diseases that were once common in this country. Vaccines have reduced and, in some cases, eliminated many diseases that once routinely killed or harmed tens of thousands of infants, children and adults. Maintaining high immunization rates protects the entire community by interrupting the transmission of disease-causing bacteria or viruses.

The Center for Disease Control recommends that the majority of vaccinations be given between the ages of 1 and 6, but there are other immunizations recommended for administration during the adolescent or adult years, and some which require boosters throughout life. Staying up to date on the recommended vaccines is an important measure to protect yourself and others from life-threatening diseases. Among adults, the elderly are especially at risk, and immunizations are strongly recommended for people over the age of 60.

For general recommendations, guidelines and routine vaccination schedules go to the following links as reference, but always consult with your physician for specific medical advice:

- <http://www.extension.org> and type immunizations in the key word search
- <http://www.cdc.gov/vaccines/default.htm>
- <http://www.medicinenet.com/immunizations/article.htm>