



THE COUNTY OF CHESTER



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Michele Steiner, MPH, RN, Immunization Program Coordinator

County Health Department stresses importance of vaccines for adults

August is National Immunization Awareness Month – free shingles vaccines offered to eligible residents

WEST CHESTER, PA_ In the lead up to National Immunization Awareness Month this August, the Chester County Health Department emphasizes the importance of immunizations throughout life, and reminds adults that they need vaccines too.

“Every year tens of thousands of adults in the United States suffer serious health problems, are hospitalized, or even die from diseases that could have been prevented by vaccination,” said Jeanne Casner, Director of the Chester County Health Department.

As part of the observance, the Health Department and the Chester County Office of Aging will offer shingles vaccine at no charge to eligible Chester County residents on August 4, 2016 at Oxford Senior Center. Contact the Senior Center at 610-932-5244 for details and to register for the vaccine.

“There is a misconception among many adults that vaccines are just for children,” added Casner. “The truth is, you never outgrow the need for immunizations.”

The Chester County Health Department recommends that all adults talk to their health care professionals to make sure they are up-to-date on vaccines recommended for them. Healthcare professionals are the most valued and trusted source of health information for adults.

All adults need vaccines to protect their health against common diseases that can be serious. According to the Health Department, everyone needs an influenza vaccine every year during flu season, including pregnant women during any trimester. In addition, everyone needs Tdap vaccine one time, no matter when you got your last tetanus (Td) vaccine. Pregnant women

need a Tdap dose during every pregnancy. Td vaccine, to protect against tetanus and diphtheria, is needed every 10 years.

There are three things that determine which other vaccines are recommended for adults: age; health conditions, lifestyle, or job; and travel outside the U.S. Immunization is one of the safest and most effective ways to protect a person's health. Vaccine side effects are usually mild and go away on their own, and severe side effects are very rare.

To learn more about specific vaccines and immunization services offered by the Health Department, visit www.chesco.org/health or call the Health Department at 610-344-5562.

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