



Jefferson County PUBLIC HEALTH SERVICE

Public Health Facility, 531 Meade Street, Watertown, New York 13601

Media Release

FOR IMMEDIATE RELEASE

Faith Lustik
Health Planner
(315) 786-3723

Adults Need Vaccines Too! Are Your Vaccinations Up to Date?

Watertown, NY –March 22, 2013 ~The Jefferson County Public Health Service (JCPHS) encourages all adults to check if their vaccinations are up to date. With time, immunity from childhood vaccines can wear off and adults may be at risk for new and different diseases.

The specific immunizations you need as an adult are determined by factors such as your age, lifestyle, health conditions, locations of travel, and previous immunizations. Throughout your adulthood, you need vaccinations to get and maintain protection against:

- Seasonal influenza (flu) (for all adults and children over 6 months of age).
- Tetanus, diphtheria and pertussis (whooping cough) (for all adults who have not previously received the Tdap vaccine).
- Shingles (for adults 60 years and older).
- Pneumococcal disease (for adults 65 years and older **and** adults with specific health conditions).
- Hepatitis B infection (for adults who have diabetes or are at risk for hepatitis B).

Other vaccinations that may be needed include those that protect against human papillomavirus (which can cause certain cancers), hepatitis A, meningococcal disease, chickenpox (varicella), and measles, mumps and rubella. If you travel to other countries you may need additional vaccinations.

The Centers for Disease Control Adult Immunization Schedule and a simple quiz is available to determine which vaccines you need at www.jcphs.org. A printed list of needed vaccines needed can then be taken to your healthcare provider. Protect yourself, your family and your community from vaccine preventable diseases

The JCPHS immunization clinic is every Wednesday from 12:30-3:30pm on a walk-in basis for adults and children needing routine vaccinations. If you are traveling to another country and need vaccines please call 786-3720 to discuss your vaccine needs.

~End~