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ADULTS NEED VACCINES, TOO!
MORGANTOWN, WV – AUGUST 18, 2015

National Immunization Awareness Month is a reminder that we all need vaccines throughout our lives.

You want to pass on certain things like family traditions, a grandmother’s quilt or dad’s love of books – but no one wants to pass on a serious illness. Take charge of your health and help protect those around you by asking about vaccines at your next doctor’s visit.

Vaccinating our children is commonplace in the United States. But few adults know they need vaccines, and even fewer are fully vaccinated. Are you one of the millions of adults not aware of the vaccines you need?

Each year, tens of thousands of adults needlessly suffer, are hospitalized, and even die as a result of diseases that could be prevented by vaccines. However, a recent Centers for Disease Control and Prevention (CDC) survey showed that most U.S. adults are not even aware that they need vaccines throughout their lives to protect against diseases like pertussis, hepatitis, shingles and pneumococcal disease.

Not only can vaccine-preventable diseases make you very sick, but if you get sick, you may risk spreading certain diseases to others. That’s a risk most of us do not want to take. Infants, older adults and people with weakened immune systems (like those undergoing cancer treatment) are especially vulnerable to infectious diseases. They are also more likely to have severe illness and complications if they do get sick. You can help protect your health and the health of your loved ones by getting your recommended vaccines.

There is a misconception among many adults that vaccines are just for children. The truth is, you never outgrow the need for immunizations. The good news is that getting vaccinated is easier than you think. Adults can get vaccines at doctors’ offices, pharmacies, workplaces, health clinics and health departments. Most health insurance plans cover the cost of recommended vaccines – a call to your insurance or healthcare provider can give you the details.

If you want to learn more about vaccines call the Monongalia County Health Department at 304-598-5119 for more information.

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