



## Up To Date For Immunizations?

Immunizations (shots) protect people of all ages from serious diseases and even death. Below is a list of diseases that can be prevented with immunizations.

**Diphtheria** is a very serious disease. One out of ten people who get Diphtheria die because it prevents breathing and causes paralysis with heart failure.

**Tetanus (Lockjaw)** can occur after a cut, scrape, or wound lets the germ into the body. Tetanus causes a person to be unable to open their mouth or swallow and to have severe body spasms.

**Pertussis (Whooping Cough)** causes spells of coughing and choking that prevent eating, drinking, or breathing. Pertussis is extremely dangerous for babies under one year of age, causing death or permanent brain injury.

**Polio** causes paralysis and death. Vaccinations have almost eradicated polio from the US.

**Haemophilus Influenzae Type B (HIB)** is caused by an infection spread by close contact with someone coughing or sneezing

who has the germ. HIB causes swelling of the brain (Meningitis) that can lead to developmental disability, loss of hearing/vision, and speech problems.

**Hepatitis B** is a liver disease that is spread by contact with blood or body fluids of a person who has Hepatitis B. Hepatitis B can cause life long disease with liver failure, cancer, or death.

**Measles (Hard Measles)** causes a high fever, cough, runny nose, tearing eyes, and rash. Measles can cause a brain infection, hearing loss, permanent developmental disability, or death.

**Mumps** causes fever, headache, swelling of the glands under the jaw, swelling of the brain and spinal cord, hearing loss, and swelling of the testicles in males.

**Rubella (German Measles)** causes fever, swollen glands in the neck, rash, and soreness/swelling in the joints. If a pregnant woman gets Rubella, the baby may be born with heart disease, blindness, deafness, and have learning disabilities.

**Pneumococcal (PCV-7)** causes 200 deaths each year among children under age five. It is the leading cause of bacterial meningitis in the United States.

**Hepatitis A** is also a liver disease. It comes from eating or drinking unsafe food or water.

**Flu (Influenza)** is spread by coughing and sneezing of infected people.

**Meningococcal Disease** causes infection of the brain and spinal cord coverings.

**Pneumonia** is a leading cause of death among the elderly and chronically ill, causing bacteremia (infection of the blood stream) and Meningitis.

**Human Papillomavirus (HPV)** causes cervical cancer in women and genital warts in men and women. The newer vaccine called Gardasil protects against 4 types of HPV and most cervical cancer and most genital warts.

**Varicella (chicken pox)** is usually a mild virus, but can be serious causing secondary infections.

### Schedule of Vaccinations

Vaccine Type	Birth	2 mo.	4 mo.	6 mo.	12-18 mo.	4-6 yrs.	11-18 yrs.	19-65+ yrs.
Diphtheria, Tetanus & Pertussis (DTaP, Tdap, Td)		X	X	X	X	X	Tdap	
Polio (IPV)		X	X	X		X		
Haemophilus Influenzae Type B (HIB)		X	X	X	X			
Hepatitis B	X	X	X	X				
Measles, Mumps & Rubella (MMR)					X	X		
Varicella (Chickenpox)					X	X		
Pneumococcal (PCV7)		X	X	X	X			
Rotavirus		X	X	X				
Hepatitis A					2 doses			
Influenza				2	Yearly	Yearly	Yearly	Yearly
Meningococcal							X	
Human Papillomavirus (females only)							3 doses	
Pneumonia								after 65
Tetanus-Diphtheria								every 10 yrs

Special thanks to Irene Caroselli for her help with this article!

The Berrien County Health Department has five locations to serve you:

#### Benton Harbor

769 Pipestone  
P.O. Box 706  
926-7121

M-139 Office  
2106 S. M-139  
927-5623

School Based  
870 Colfax Ave  
925-4500

#### Niles

1205 N. Front St.  
684-2800

#### Three Oaks

21 N. Elm  
756-2008

Or visit us on the web at [www.berriencohlthdept.org](http://www.berriencohlthdept.org)

### Berrien County Health

#### Department:

Preventing Disease,  
Prolonging Life and  
Protecting the  
Health of the  
Community.



### Back to School!

This August, the Berrien County Health Department will provide information about the following Back to School topics: Immunizations, Hearing/Vision Screening, Head Lice, Healthy Eating and Physical Activity, and Depression/Mental Health. For more information about any of these topics, please call the health department at 926-7121.

### Getting your shots is worth it!

Side effects from immunizations can include mild fever, drowsiness, redness, soreness, and swelling at injection site. To ease injection site pain, apply ice cubes in a cold, wet washcloth, or take over-the-counter Acetaminophen (like Tylenol®), **NEVER ASPIRIN**.

Vaccines contain tiny amounts of viruses or bacteria compared to the large amounts of germs people come in contact with every day. A healthy child's immune system has no problem handling the different kinds of vaccinations given during a single doctor's visit.

Remember, if someone enters your community with a serious vaccine preventable disease, your child and family are at risk if they are not vaccinated. Protect yourself and your family against disease! Check your family's Immunization Records and if not up-to-date, call and make an appointment with either your doctor or the Health Department.

For more information on health department immunization clinics call 927-5638.



This page is sponsored by the Berrien County Health Department

