

Grandparents Corner

August is National Immunization Awareness Month

In August, parents are enrolling children in school, older students are entering college, and adults and the health care system are preparing for the flu season. This makes August the perfect time to focus community attention about the value of immunizations.

August is National Immunization Awareness Month. This observance provides the opportunity to provide information and stress the importance of immunizations. 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.

Vaccines work best when they are given at certain ages. The following is a description of the routine childhood immunization schedule. This schedule is published each year by the U.S. Centers for Disease Control and Prevention (CDC).

Hepatitis B Vaccine

1. First dose at birth to 2 months
2. Second dose at 1 to 4 months
3. Third dose at 6 to 18 months

Hib Vaccine

1. First dose at 2 months
2. Second dose at 4 months
3. Third dose at 6 months
4. Fourth dose at 12 to 15 months

Rotavirus Vaccine

1. First dose at 2 months
2. Second dose at 4 months
3. Third dose at 6 months

Hepatitis A Vaccine

1. First dose at 12 months
2. Second dose at 18 months

Influenza Vaccine:

1. First dose at 6 months
Requires a booster one month after initial vaccine.
2. Annually until 5 years
Then yearly if indicated or desired, according to risks.

Meningococcal Vaccine

1. Single dose at 11 years

MMR Vaccine

1. First dose at 12 to 15 months
2. Second dose at 4 to 6 years

Varicella Vaccine

1. First dose at 12 to 15 months
2. Second dose at 4 to 6 years

Polio Vaccine

1. First dose at 2 months
2. Second dose at 4 months
3. Third dose at 6 to 18 months
4. Fourth dose at 4 to 6 years

DTaP Vaccine:

1. First dose at 2 months
2. Second dose at 4 months
3. Third dose at 6 months
4. Fourth dose at 15 to 18 months
5. Fifth dose at 4 to 6 years
6. DTaP is recommended at 11 years

Human Papillomavirus Vaccine

Adolescent Girls Only

1. First dose at 11 years
2. Second dose two months after first dose
3. Third dose six months after first dose

To avoid heat related-illness in hot weather, keep cool and use common sense. Drink plenty of fluids, replace salts and minerals, wear appropriate clothing and sunscreen, pace yourself, stay cool indoors, use a buddy system, and monitor those especially at risk.

Answer True or False to the questions below.

1. People suffer heat-related illness when the body's temperature control system is overloaded. T F
2. The body normally cools itself by sweating. T F
3. Very high body temperatures may damage the brain or other vital organs.
T F
4. Prescription drug and alcohol use are *not* risk factors for heat-related illness.
T F
5. *Heat stroke* is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature. T F
6. Heat exhaustion is less severe, and more common, than heat stroke.
T F
7. Heat stroke is a life-threatening emergency. T F
8. Air conditioning is one of the best protections against heat-related illness and death. T F
9. The risk for dehydration does *not* increase for people with Alzheimer's.
T F
10. Dehydration occurs when your body loses too much fluid. T F

KEY: 1. T 2. T 3. T 4. F 5. T 6. T 7. T 8. T 9. F 10. T