
INFLUENZA
THE "FLU SHOT"

The "flu shot" is recommended every fall for: people age 65 or older; women who will be in their 2nd or 3rd trimester of pregnancy during flu season; residents of long-term care facilities; people younger than 65 who have medical problems such as heart or lung disease (including asthma), diabetes, kidney diseases, or an immune system weakened by disease, medication, or a physical condition; and for those who work with or live with any of these individuals.



PNEUMOCOCCAL
THE "PNEUMOCOCCAL SHOT"

The "pneumococcal shot" is recommended one time at age 65 (or older if it was not given at 65). This shot is also recommended for people younger than 65 who have certain chronic illnesses. Some individuals with particular health risks will need a one-time revaccination dose 5 years later. Consult your doctor.

TETANUS, DIPHTHERIA
(Td) often referred to as
THE "TETANUS SHOT"



If you haven't had at least 3 basic tetanus-diphtheria shots in your lifetime, you need to complete the series listed below:

- First dose now.
- Second dose one month later.
- Third dose six months after the second dose.
- An then all adults need a booster dose every 10 years.

HEPATITIS A
(HEP A)
for those at risk*



Hepatitis A vaccine is recommended for many adults including travelers to certain areas outside the United States.

- First dose now.
- Second dose 6 - 12 months after the first dose.

HEPATITIS B
(HEP B)
for those at risk*



- First dose now.
- Second dose one month later.
- Third dose is usually given 5 months after the second dose.

**MEASLES, MUMPS,
RUBELLA**
(MMR)



One dose is recommended for those born in 1957 or later if that person has not been previously vaccinated. (A second dose of MMR may be required in some work or school settings, or recommended for international travel.) People born before 1957 are usually considered immune.

VARICELLA
(VAR)

for those who have never had chickenpox



- First dose now.
- Second dose 4 - 8 weeks later.

**DO YOU TRAVEL
OUTSIDE
THE UNITED STATES?**



If so, you may need additional vaccines, including Hepatitis A. Consult your doctor or nurse about recommended and/or required vaccines. The Centers for Disease Control and Prevention operates an international traveler's immunization hot line. Call 404-332-4559 to obtain information about required and/or recommended shots for your destination.

**Consult your health care professional to determine your level of risk and need for this vaccine.*

Vaccinations
for Adults

Many adults don't know they are supposed to get immunized against diseases. They think shots are for kids. There are millions of adults in this country who need influenza, pneumococcal, tetanus, and other shots. Are you one of them?



You're Never Too Old
to Get Shots!

Getting immunized is a lifelong, life-protecting job. Make sure you and your health care professional keep your shots up-to-date! Don't leave your clinic without making sure that you've had all the shots you need.

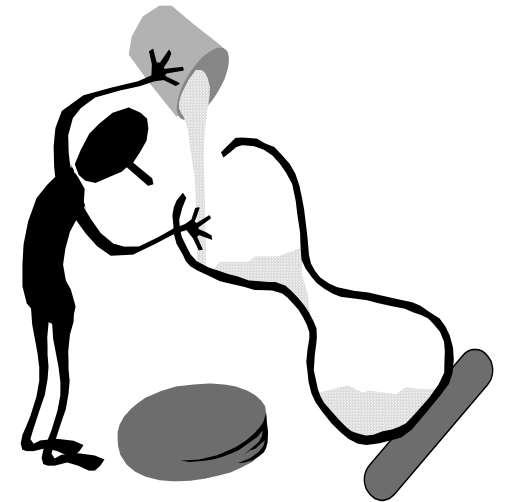


North
Central
District
Health
Department

Office Locations:

- ⇒ 215 10th Street, Lewiston, ID 83501
Phone - 799-3100 Fax - 799-0349
- ⇒ 333 E. Palouse River Dr., Moscow, ID 83843
Phone - 882-7506 Fax - 882-3494
- ⇒ 105 115th Street, Orofino, ID 83544
Phone - 476-7850 Fax - 476-7494
- ⇒ 903 West Main Street, Grangeville, ID 83530
Phone - 983-2842 Fax - 983-2845
- ⇒ 132 North Hill Street, Kamiah, ID 83536
Phone - 935-2124 Fax - 935-0223

Vaccinations
for
Adults



You're NEVER
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