

National Immunization Week April 24- May 1

Children need immunizations to protect them from dangerous childhood diseases. These diseases can have serious complications and even kill children. Children under five are especially susceptible to disease because their immune systems have not built up the necessary defenses to fight infection. By immunizing on time (by age two), you can protect your child from disease and also protect others at school or daycare.

Like any medicines, there may be minor side effects, side effects can occur with any medicine. Depending on the vaccine, these can include slight fever, rash, or soreness at the site of injection. Slight discomfort is normal and should not be a cause for alarm. Your health care provider can give you additional information.

Diseases that childhood vaccines prevent:

- Diphtheria
- Hemophilus influenza type b
(a major cause of bacterial meningitis)
- Hepatitis A
- Hepatitis B
- Human Papillomavirus
- Measles
- Meningococcal
- Mumps
- Pertussis (whooping cough)
- Pneumococcal (causes bacterial meningitis and blood infection)
- Polio
- Rotavirus
- Rubella (German measles)
- Tetanus (lock jaw)
- Varicella (Chickenpox)

Serious reactions to vaccines are extremely rare. The risk from not vaccinating is far greater than the risk of serious reaction to a vaccination.

A vaccination health record helps you and your health care provider keep your child's vaccinations on schedule. If you move or change providers, having an accurate record might prevent your child from repeating vaccinations he or she has already had. A shot record should be started when your child receives his/her first vaccination and updated with each one. Source: cdc.gov

RESOURCES FOR GRANDPARENTS

- Resources for Grandparents
Ohio Department of Health
Immunization Program
246 North High Street
Columbus, Ohio 43215
www.odh.gov 1-800-282-0546
- Ohio Help me Grow 1-800-755-4769
Provides resources for grandparents
raising grandchildren
- General immunization questions can be
answered by The CDC Contact Center
1-800-232-4636

QUICK QUIZ

Alcohol and drug misuse raises the risk of illness or death from numerous health problems, including liver disease, heart disease, and some types of cancer. Read this issue and test your knowledge about substance abuse in seniors.

1. When we are older our bodies respond differently to alcohol and medications than when we were younger. T F
2. Over time, heavy drinking permanently damages the brain and central nervous system, as well as the liver, heart, kidneys, and stomach. T F
3. Tolerance of alcohol such as the need to drink greater amounts of alcohol to get “high” is a sign of alcoholism. T F
4. It takes more alcohol to affect older people. T F
5. For most adults, moderate alcohol use is up to two drinks per day for men and one drink per day for women and older people. T F
6. The best treatment for alcoholic liver disease is to abstain from alcohol. T F
7. Always avoid alcohol when taking painkillers or sedatives. T F
8. Prescription medications do not carry any risk of dependence or addiction. T F
9. It is important to understand drug label warnings and the dangers of drug interaction. T F
10. Medical problems can be hard to diagnose when a person has been drinking alcohol. T F

Name _____

Signature _____ Date _____

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