

Peter Christensen Health Center News



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Immunizations Keep Kids & Adults Healthy

August is National Immunization Awareness Month. It's important to keep current on vaccines throughout life. "As children head back to school this fall, it's particularly important to make sure they get caught up on well-child visits and recommended vaccines that may have been missed during the pandemic," PCHC Clinical Manager, Jen Jaeger, MSN, RN, says. "Please talk to your healthcare provider to ensure you and your family are protected against serious diseases by getting all your routine vaccinations."

What You Need To Know

Are vaccines safe? Yes. Vaccines are very safe. The United States' long-standing vaccine safety system ensures that vaccines are as safe as possible.

Currently, the United States has the safest vaccine supply in its history. Millions of people safely receive vaccines each year. The most common side effects are very mild (pain or swelling) at the injection site.

What are risks & benefits of vaccines? Vaccines can prevent infectious diseases that once killed or harmed many infants, children, and adults. Without vaccines, your child is at risk for getting seriously ill and suffering pain, disability, and even death from diseases like measles and whooping cough. The main risks associated with getting vaccines are side effects, which are almost always mild (redness and swelling at the injection site) and go away within a few days.

Are vaccines linked to autism?

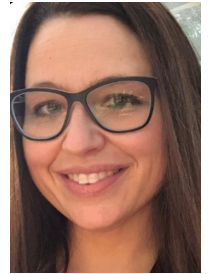
No. Scientific studies and reviews continue to show no relationship between vaccines and autism.

Haven't we eliminated many diseases in the U.S.?

Some vaccine-preventable diseases, like pertussis (whooping cough) and chickenpox, remain common in the United States. Other diseases vaccines prevent, however, are no longer common here because of vaccines. If we stopped vaccinating, the few cases we have in the United States could very quickly become tens or hundreds of thousands of cases.

Some Health Statistics About Vaccine-Preventable Disease

Vaccines are only part of an effective approach to keeping people healthy. It's important to maintain other prevention practices, like washing hands, covering coughs & practicing safe sex to name a few.



PCHC Clinical Manager, Jen Jaeger, MSN, RN, shares insights and statistics on just a few of the many vaccine-preventable diseases that cause long-term illness, hospitalizations, and even death, according to the CDC:

- Since 2010, flu-related hospitalizations in the United States have ranged from 140,000 to 710,000 and flu related deaths have ranged from 12,000 to 56,000.
- About 320,000 people get pneumococcal pneumonia every year, leading to over 150,000 hospitalizations and 5,000 deaths, mostly among the elderly.
- About 880,000 people have chronic hepatitis B, which can cause serious health problems, including liver damage, cirrhosis, liver cancer, and even death.
- HPV causes over 27,000 cancers in women and men annually. About 4,000 women die annually from cervical cancer.

Make An Appointment

Simply call (715) 588-3371 to make an appointment to catch up on your vaccines.