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**HEALTH & SOCIAL SERVICE COMMITTEE
NEWSLETTER**

**The Central Jersey Club of NANBPWC, Inc.
Alyce Franklin-Owens, President**

VOLUME 2

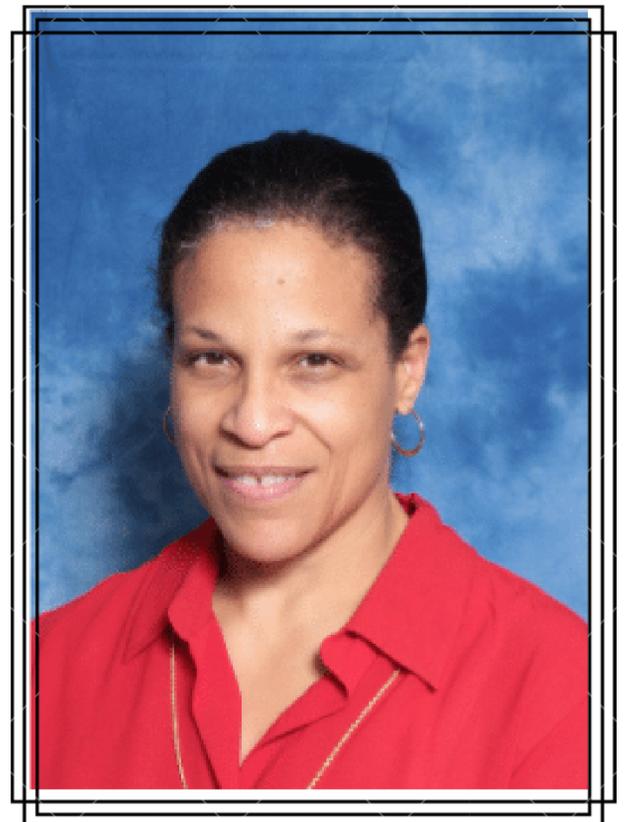
**news,
ideas &
insights.**

THEY'RE

Back!

VACCINES ADULTS
SHOULD CONSIDER

DR. GAYLE FLANNELLY, PHARM.D.
CHAIRPERSON



**Inside this edition, we are pleased to
present information on two vaccines that
every adult should know about:**

- SHINGRIX
- Tdap

VACCINES

ALL ABOUT VACCINES

They're Back: Vaccines Adults Should Consider

Two vaccines that every adult should know about and discuss with their health care provider are for diseases that you may have had trouble with as a child and can affect adults. **Shingles** and **Whooping cough** are two diseases which can cause problems for adults, but you can reduce your risk if vaccinated.

According to The Mayo Clinic, **shingles** is a viral infection that causes a painful rash that is caused by the varicella-zoster virus — the same virus that causes chickenpox. After you've had chickenpox the virus lies inactive in nerve tissue near your spinal cord and brain.



Anyone who has had chickenpox may develop **shingles**. After you recover from chickenpox, the virus enters your nervous system and lies there dormant for years. The reason why you may develop **shingles** is unclear. But it may be due to lowered immunity to infections as you grow older.

SHINGRIX is the vaccine to protect one from **shingles**. It is given as a 2-dose series, with the second shot administered 2 to 6 months after the first shot. To ensure you get the protection against **shingles** offered by **SHINGRIX**, it's important to get both shots.

ALL VACCINES APPROVED BY THE
FDA ARE SAFE AND PROVEN EFFECTIVE.

VACCINES

CJC HEALTH & SOCIAL SERVICE COMMITTEE, DR. GAYLE FLANNELLY, CHAIRPERSON

ALL ABOUT VACCINES

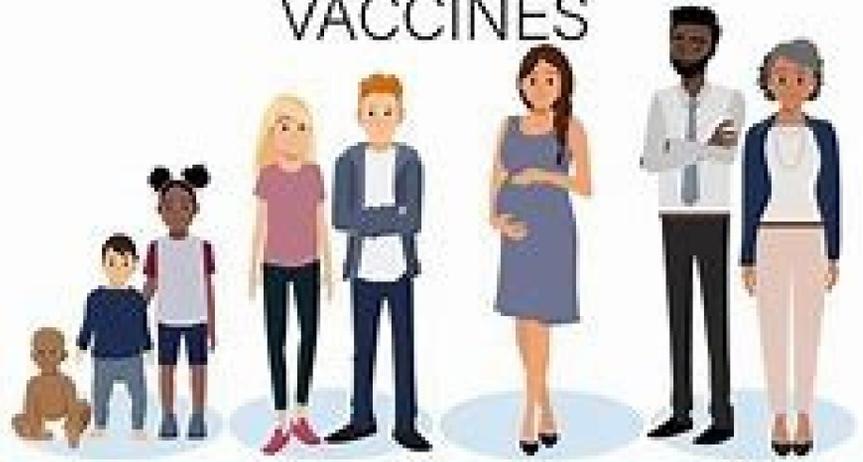
Whooping Cough

Whooping cough is back and not just for kids. In the 1970s, pertussis (more commonly known as **whooping cough**) seemed to be disappearing in the U.S. But since then, the highly contagious infection, caused by the bacteria *Bordetella pertussis*, is being seen more often.

Tdap vaccine can prevent **tetanus, diphtheria, and pertussis** and preventing each disease requires a booster shot every 10 years.

So, you may have had a shot as kid, or when you stepped on a rusty nail while walking in the grass bare footed in your twenties. But remember, it is recommended that you have a booster shot every ten years.

People of all ages need WHOOPING COUGH VACCINES



DTaP for young children	Tdap for preteens	Tdap for pregnant women	Tdap for adults
✓ 2, 4, and 6 months ✓ 15 through 18 months ✓ 4 through 6 years	✓ 11 through 12 years	✓ During the 27-36th week of each pregnancy	✓ Anytime for those who have never received it

www.cdc.gov/whoopingcough 

VACCINES



Protect yourself and your loved ones.
www.cdc.gov/vaccines/adults

DON'T WAIT. VACCINATE!

Learn More

Don't Wait. Vaccinate to help protect yourself and your loved ones.

There are vaccines you may need as an adult to help protect yourself and your loved ones.

CDCgov / Dec 1

Neither of these diseases are lethal, but they can cause much pain, negatively impact your life and your pocketbook. So, speak with your Doctor or Healthcare practitioner about getting immunized today!

There are other vaccines that adults can benefit from and should have. To stay proactive when taking care of one's health and not simply reacting, keep up to date with your vaccinations.

Click the link below for a deeper look into adult vaccinations. Also, for younger adults and parents of teenagers, pay close attention to **HPV vaccine**. This one helps protect females and males from different types of **human papillomaviruses (HPV)** that cause most cervical, anal, and other cancers, as well as genital warts. **Click link below for more information.**

[ADULT VACCINATION | HOME | CDC](#)

FOR MORE INFORMATION



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