

SUMMER 2010
VOL.1 ISSUE 2

SPECIAL
POINTS OF
INTEREST:

- Alaska Maternal Child Health and Immunization Conference September 27-29 Anchorage, AK
To register: www.confcoor.com OR for more information on topics and speakers contact Bridget McCleskey at confcoor@gci.net

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CORE VALUES:

COLLABORATION, EDUCATION,
PRIMARY PREVENTION

CORE PURPOSE:

ALL OF THE MAT-SU REGION
POPULATION WILL BE PROTECTED FROM
VACCINE PREVENTABLE DISEASES



*Love Them, Protect Them
Immunize Them*

It's a Best Shot! Shots Aren't Just For Kids

Parents are usually quick to get their children immunized and to make sure all their shots are up-to-date, but most don't consider that they need immunizations as well. They do - all adults do - especially if they don't want to come down with a serious case of the flu, or even whooping cough.

So what is "whooping cough?" It's a cough that's so severe it can cause vomiting and broken ribs, and can lead to weeks of missed work or even hospitalization. But who gets whooping cough? According to the experts, about a million people in the U.S. become infected with this disease every year. To avoid being one of the million who will suffer from whooping cough *this* year, talk to your doctor about getting a Tdap booster.

And getting immunized is not just a matter of adults protecting themselves. The Tdap booster can also prevent the spread of whooping cough to infants who are too young and are at risk for even more serious complications. And, what happens if an adult catches the flu and then

passes it on to a family member? That can be especially dangerous for the elderly, pregnant women, or infants who are too young to be vaccinated. For those at high-risk, the flu can result in very serious complications.

The flu is one of the top ten killers in the U.S. More than 46,000 people die from the flu every year in this country-most are over the age of 65. If you've got any chronic health condition like asthma, diabetes, lung disease, or heart problems, you're also in the high-risk category where a simple case of the flu can lead to pneumonia or other complications.

To protect yourself, get a flu vaccine every fall or winter. Who should get vaccinated? Adults age 50 and older; pregnant women; nursing home residents; health care workers and clinicians; staff in long-term care facilities who have contact with residents; individuals with chronic health conditions; people who live

with or care for an adult over 50; people who take care of children under 5 and; anyone who want to avoid the flu. Flu vaccines are safe and effective, and you *cannot* get the flu from the vaccine.

We encourage adults to protect themselves and their families. What can you do? In the month of September get the word out to your family and friends to talk with your doctor and see what kinds of immunizations you need, because everyone's different. And remember when you protect yourself, you're also protecting others - family, friends, and co-workers.

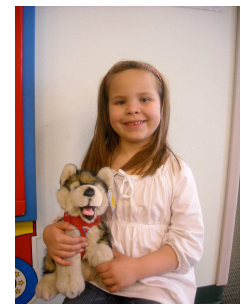


Mobile Vaccine Project August 2-6

Tremendous thanks to Wal-Mart and Three Bears for providing parking space for our Mobile Vaccine Unit. Each day during the first week of August we went to town! Through the cooperation of CCS-Early Learning, Charter College, Ptarmigan Pediatrics, Mat-Su Public Health, Mat-Su Borough Health and Safety and other community volunteers - 99 children were seen for immunization updates. The medical director for the project was Dr. Karen Impson from Adventures in Pediatrics.



WINNER!! "I Did It By Two!"



Penelopee Porres was the winner of the *Martin Buser* autographed sled dog for the immunization drive of 2010. It was meant to be, because Penelopee's mother said that he day before they were called about her winning she said, "Mommy, I sure would like that puppy!" Penelopee is up to date for all her childhood immunizations so she already proves to be a role model for health and disease prevention. Congratulations Penelopee!