

# From the Desk of Linda Rosenberger, RN CEO/Executive Director

## Featured Topic: Immunization Awareness

Our featured topic reminds us of the importance of keeping our family's immunizations up to date.

Vaccines are responsible for the control of many infectious diseases that were once common in this country. They have reduced and, in some cases, eliminated many diseases that at one time routinely killed or harmed tens of thousands of children and adults.

Maintaining high immunization rates protects the entire community

by interrupting the transmission of diseases or viruses. This reduces the risk of un-immunized people being exposed to disease-causing agents. This is commonly known as community or herd immunity, and embodies the concept that protecting the majority effectively protects those who cannot be immunized for medical reasons.

*Why do we need vaccines?*

Vaccines help your body create antibodies which are your body's defense cells that filter germs. At

times, your body can create it's own antibodies. Vaccines are given to ensure that antibodies are created.

*Immunization (Vaccination) Schedule* Vaccines work best when given at appropriate ages. For example, the measles vaccine is not usually given until a child is one year old. If it is given earlier than recommended, it may not be effective. The following is a routine childhood immunization schedule:

Age Vaccine	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	24 months	4-6 years	11-12 years	13-14 years	15 years	16-18 years
Hepatitis B	HepB	HepB		HepB	HepB				Hep B Series					
Diphtheria, Tetanus, Pertussis			DTaP	DTaP	DTaP		DTaP			DTaP	DTaP			
Haemophilus Influenza type b			Hib	Hib	Hib	Hib								
Inactivated Poliovirus			IPV	IPV	IPV					IPV				
Measles, Mumps, Rubella						MMR				MMR	MMR			
Varicella (Chicken Pox)						Varicella				Varicella				
Meningococcal											MCV4		MCV4	
Pneumococcal			PCV	PCV	PCV	PCV					PPV			
Influenza						Influenza (Yearly)								
Hepatitis A						Hep A - Series of 2								

**Adult Immunizations:** Depending on your health care needs, the recommended vaccines for adults are: Hepatitis A & B, Influenza, Pneumococcal (Pneumonia), Tetanus (TD or Tdap), MMR (2 doses are recommended if you have not had the mumps).

### Skilled Nursing - One of the MANY services offered by Tama County Public Health & Home Care

*Our Registered Nurses offer a FREE evaluation of your health care needs.*

Did you know that Medicare will pay for Skilled Nursing Services in your home?

Our Registered Nurses work closely with your physician to provide health care in your home and coordinate community resources that are available to assist you in your home.

Some of the services provided, but not limited to, by our Registered Nurses are: Injections, Blood Draws, Wound Care, Diabetic Teaching, Pre-filling Insulin Syringes, Medication Management, Health Teaching, Tracheostomy Care and IV Therapy.



### Featured Em-

ployees: Joyce



**Joyce** was raised in northwest Iowa and now resides in Tama. She has three daughters. Her oldest daughter was married this past July. Her second daughter lives in Chicago and her youngest graduated from ISU this past spring. Joyce's husband recently retired from the STC School District as their Business Manager.

Joyce joined TCPH in 1988 bringing 15 years of nursing experience with her. Her specialties include working with pregnant moms and children and assisting them in obtaining the services they need to be healthy. She is well known in the Hispanic community as "Dr" Joyce.

When you come to Tama County and you speak with one of the many clients that Joyce has worked with, you are greeted with huge smiles and stories of how she has impacted their lives. Joyce has dedicated her life to the health and well being of children and families.



**Pam** is a Tama native and currently lives by Haverhill. In her spare time, she and her husband keep busy farming their acreage and remodeling their home. She has two children. Her son was married this past July and her daughter is engaged to be married next year.

Pam joined TCPH in 1988,

bringing 9 years of experience with her. You can find Pam's friendly smile while she is assisting Joyce at the WIC and Well Child Clinics making sure charts are updated, documenting lead testing results, and entering immunization records into the state's IRIS Immunization System database.

**FOR MORE INFORMATION CONTACT:**

**Tama County Public Health & Home Care**  
129 West High Street  
Toledo, Iowa  
641-484-4788 or  
1-866-484-4788  
[www.tamacounty.org](http://www.tamacounty.org)

# Tama County Public Health & Home Care

### Upcoming Events:

#### September:

National Farm Safety and Health Week 9/15-9/21

Family Health & Fitness Day USA 9/30

#### October:

Pandemic Flu Awareness Week 10/3-10/9

National Hospital & Health System Pharmacy Week 10/22-1/28

National Breast Cancer Awareness Month

Domestic Violence Awareness Month

National Family Health Month

•**Hepatitis B Vaccine:**

First dose at birth to 2 months  
Second dose at 4 months  
Third dose at 6 months

•**Hib Vaccine:**

First dose at 2 months  
Second dose at 4 months  
Third dose at 6 months  
Fourth dose at 12 to 15 months

•**Polio Vaccine:**

First dose at 2 months  
Second dose at 4 months  
Third dose at 6 to 18 months  
Fourth dose at 4 to 5 years

•**DTaP Vaccine:**

First dose at 2 months  
Second dose at 4 months  
Third dose at 6 months  
Fourth dose at 12 to 18 months  
Fifth dose at 4 to 5 years

•**Pneumococcal Vaccine:**

First dose at 2 months  
Second dose at 4 months  
Third dose at 6 months  
Fourth dose at 12 to 18 months

•**MMR:**

First dose at 12 to 15 months  
Second dose at 4 to 5 years

•**Varicella Vaccine:**

12 to 18 months

•**Hepatitis A Vaccine:**

Two doses at least 6 months apart. Recommended in selected areas for children over 2 years of age.

Depending on your health care needs, the recommended vaccines for adults are:

*Hepatitis A & B*

*Tetanus (TD or Tdap)*

*Influenza (Flu)*

*Pneumococcal (Pneumonia)*

*MMR (Mumps, Measles, Rubella)-two doses are recommended if you have not had the mumps.*