



Public Health = Prevention

# Objectives

## Increase Your Knowledge About :

- Adult Immunization Recommendations
- Lyme Disease, West Nile Virus & EEE
- Preventing Diabetes

# Participate

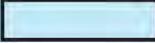
- Ask
- Question
- Speak up
- Think
- Don't Fall Asleep 😊

## Recommended Immunizations for Adults by Age

If you are this age,

Talk to your healthcare professional about these vaccines:	If you are this age,					
	19 - 21 years	22 - 26 years	27 - 49 years	50 - 59 years	60 - 64 years	65+ years
Influenza (Flu) <sup>1</sup>	Get a flu vaccine every year					
Tetanus, diphtheria, pertussis (Td/Tdap) <sup>2</sup>	Get a Tdap vaccine once, then a Td booster vaccine every 10 years					
Varicella (Chickenpox)	2 doses					
HPV Vaccine for Women <sup>3</sup>	3 doses					
HPV Vaccine for Men <sup>3</sup>	3 doses	3 doses				
Zoster (Shingles)					1 dose	
Measles, mumps, rubella (MMR) <sup>4</sup>	1 or 2 doses					
Pneumococcal (Pneumonia) <sup>5</sup>	1-3 doses					1 dose
Meningococcal	1 or more doses					
Hepatitis A	2 doses					
Hepatitis B	3 doses					

 Boxes this color show that the vaccine is recommended for all adults unless your healthcare professional tells you that you cannot safely receive the vaccine or that you do not need it.

 Boxes this color show when the vaccine is recommended for adults with certain risks related to their health, job or lifestyle that put them at higher risk for serious diseases. Talk to your healthcare professional to see if you are at higher risk.

 No recommendation

# Immunizations Are Not Just For Kids!

Some are for **all** adults

Influenza

Tdap

Some you might want if. . . .

HPV

Meningococcal

Hepatitis A

Hepatitis B

Pneumococcal

Zoster

# Influenza

- The Flu. . .heard of it ?
- Serious illness: over 12,000 hospitalized last year and many deaths each year
- Preventable- get vaccinated yearly



# Tdap/Td

**Tdap** is Tetanus, Diphtheria & Pertussis

**Td** is Tetanus



# HPV Vaccine

HPV = Human Papilloma Virus Vaccine

- **May prevent certain types of cancer**
- 3 dose series over 6 months
- For men and women ages 11 to age 26



# Hepatitis A



Thinking about traveling somewhere that looks like this ?

# Pneumococcal & Zoster

## Pneumonia

Vaccine recommended for:

- Children
- 65 and over
- Adults with certain medical conditions

## Shingles

- Caused by Chicken Pox
- Vaccine recommended for adults 60 and over

# Hepatitis B



OSHA – Bloodborne Policy

12.5 million Americans have hepatitis.

World wide over 2 billion have hepatitis B virus.



# Hepatitis B Vaccine

- 3 dose series that provides 90% protection
- Soreness at site of the vaccination & a temperature of 99°



# Lyme Disease & West Nile Virus

# Lyme Disease

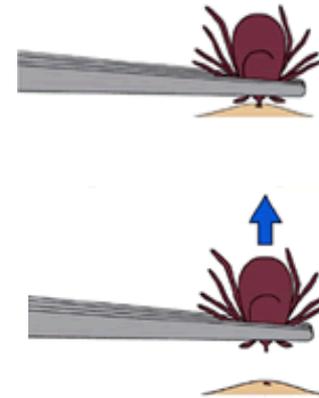


# Prevent Lyme Disease

- If possible avoid walking in high grass or bushy areas.
- Use insect repellent that is made to repel ticks & follow the directions.
- Wear long sleeved shirts and pants
- Check yourself daily. Ticks may appear to be no more than a freckle or a piece of dirt.

# Follow the steps below to safely remove ticks

1. Use fine-tipped tweezers and protect bare hands with a tissue or gloves to avoid contact with tick fluids.
2. Grab the tick close to the skin. Do not twist or jerk the tick, as this may cause the mouthparts to break off and remain in the skin.
3. Gently pull straight up until all parts of the tick are removed.



**DO NOT** attempt to remove the tick by touching it with a burnt match or swabbing it with alcohol or petroleum jelly. This will only aggravate the tick and cause it to release more bacteria into the blood stream.

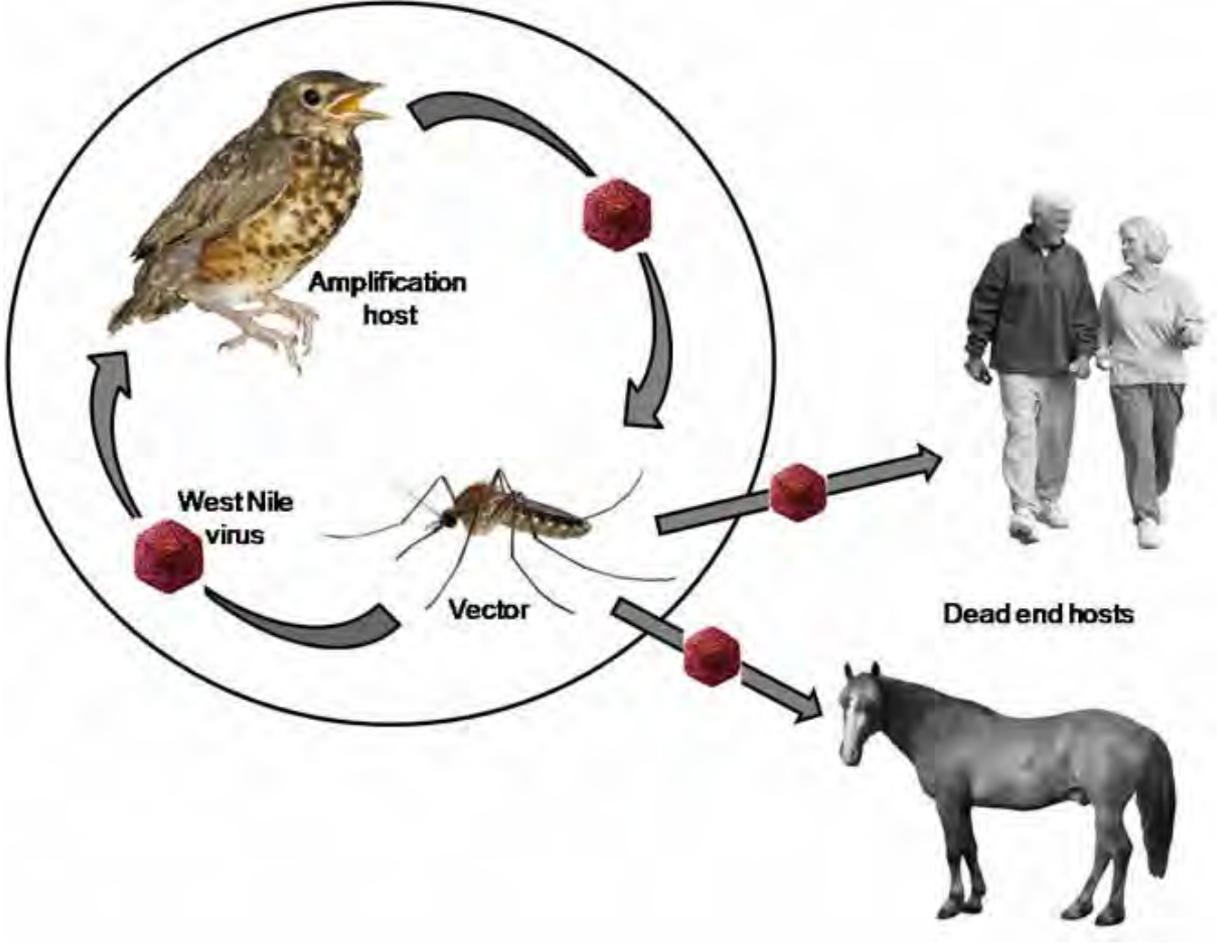
After removing the tick, wash your hands with soap and water or waterless alcohol-based hand rub. Clean the tick bite with an antiseptic such as iodine scrub, rubbing alcohol, or soap and water

# WNV & EEE

Mosquitos are mainly a nuisance but there are two diseases of concern in Vermont.

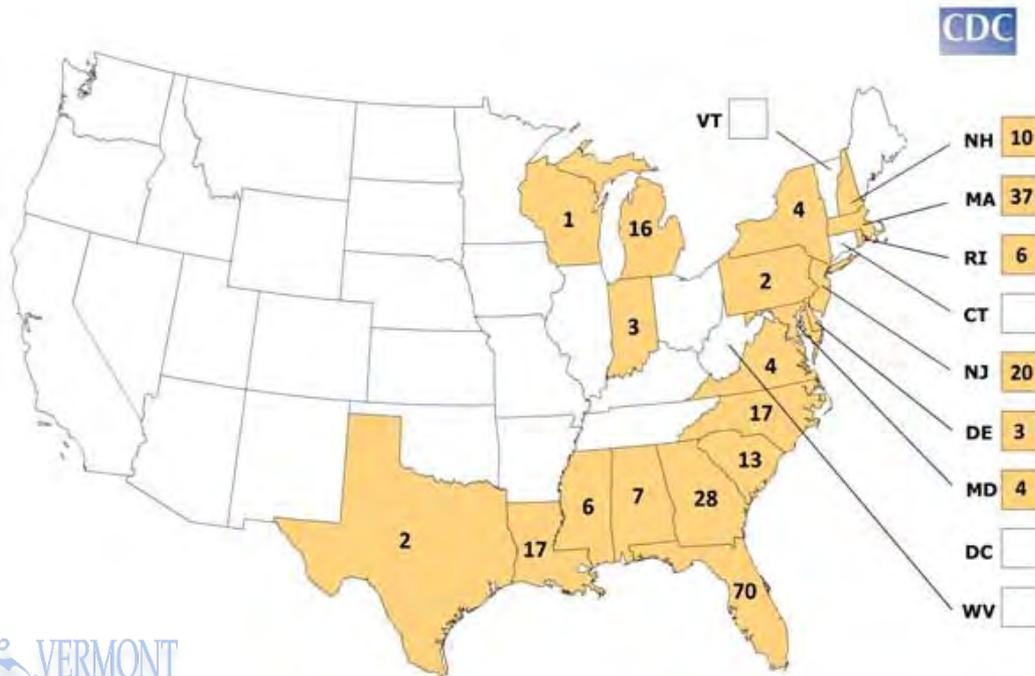
**West Nile virus (WNV) and Eastern equine encephalitis (EEE)**

# WNV



# EEE

Rare but serious disease  
Most often affects people and horses



# Prevention

1. Keep mosquitos from biting
2. Reduce the number of mosquitos around your home



# Chronic Diseases

# Type II Diabetes

- Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations.
- Diabetes is the seventh leading cause of death in the United States
- No cure, but you can take steps to prevent it and if you have it, manage it.

# Know your risk

- Risk factors for type 2 diabetes include older age, obesity, family history of diabetes, prior history of gestational diabetes, impaired glucose tolerance, physical inactivity, and race/ethnicity

# Know how to prevent it

- Healthy eating, physical activity, and blood glucose testing are the basic therapies for type 2 diabetes. In addition, many people with type 2 diabetes require oral medication, insulin, or both to control their blood glucose levels.
- moderate weight loss and exercise can prevent or delay type 2 diabetes major federally funded study of 3,234 people at high risk for diabetes, showed that people can delay and possibly prevent the disease by losing a small amount of weight (5 to 7 percent of total body weight) through 30 minutes of physical activity 5 days a week and healthier eating.

# Questions?

# Thank you !

All information from VDH & CDC websites  
[www.healthvermont.gov](http://www.healthvermont.gov) & [www.cdc.gov](http://www.cdc.gov)