

# Health Unit Media Release

For immediate release: April 20, 2009



## Think vaccines are just for kids? Think again.

Tetanus and Diphtheria Vaccine should be given to adults every ten years. Mumps vaccine is now being recommended for people between the ages of 17 and 38 years.

**Tetanus**, also named “lockjaw” is a serious disease that can take hold when tetanus germs get into a cut in the skin. **These germs are found in dirt, dust and manure so it is especially important for gardeners, farmers and construction workers to be protected.** This disease does not spread from person to person. Tetanus causes cramping of the muscles in the neck, arms, legs and stomach. Painful convulsions may be severe enough to break bones. Even with early treatment tetanus kills two out of every ten people who get it.

**Diphtheria** is a serious disease of the nose, throat and skin. It causes sore throat, fever and chills. It can be complicated by breathing problems, heart failure and nerve damage. **This germ is most often passed from an infected person to others through coughing and sneezing.** Diphtheria kills about one out of ten people who get the disease.

**Mumps is a highly contagious disease.** It can cause inflammation of the brain, testes, ovaries, breast, and pancreas. It may result in permanent deafness. Spontaneous abortions can occur if the infection happens in the first three months of pregnancy.

**Has it been ten years or more since your last tetanus diphtheria immunization?**

**Are you due for a second mumps vaccine?**

The Ministry of Health and Long Term Care is covering the cost of this vaccine for 17-25 year olds. Contact your health care provider OR call and **book an evening appointment at the Health Unit.**

### **Dates and times:**

Brockville Office, 458 Laurier Blvd, Brockville, Ontario  
April 29, 2009 5:00 – 7:00pm

Smiths Falls Office, 52 Abbott St. N., Smiths Falls, Ontario  
April 28, 2009 5:00 – 7:00 pm

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### **Contact:**

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