



## Media Release

April 12, 2010

### **National Immunization Week being celebrated April 24, 2010 to May 1, 2010**

During this time, the Leeds, Grenville and Lanark District Health Unit will be working with the people in our communities to remind everyone that up to date vaccinations help prevent unnecessary illness.

#### **Here are a few of the things you should know about immunization:**

- All girls in grade 8 are eligible to receive three doses of HPV (Human Papilloma Virus) vaccine. Young people who have not had all their doses should contact their local Health Unit to make a catch up appointment
- Children ages 14 – 16 years should receive a tetanus, diphtheria and whooping cough vaccine
- People between the ages of 19 and 40 need to verify that they have had two doses of measles mumps and rubella vaccine. People who have not had two MMR immunizations should contact their health care provider.
- All adults should have a tetanus diphtheria shot every 10 years
- When filling out applications for college or university you may need copies of your immunization records. These records are available from the Health Unit. We recommend verifying your immunizations in the spring and early summer to avoid delays.
- Kindergarten registration has begun. By age seven children whose immunizations are not up to date may be suspended from school.
- Keep a yellow vaccination card for each of your family members. This allows you to track all of your immunizations.

During National Immunization Week, the Leeds Grenville and Lanark District Health Unit is adding staffing at the Brockville and Smith Falls immunization clinics to ensure that everyone who wants and needs to be vaccinated can be accommodated. Clinics are:

- Almonte - April 27<sup>th</sup> – 9 to 10 AM
- Brockville – April 28<sup>th</sup> – 1 to 5 PM
- Gananoque – April 29<sup>th</sup> – 9:30-10:30AM
- Kemptville – April 27<sup>th</sup> – 9:00-10:30 AM
- Smiths Falls – April 27<sup>th</sup> – 9:00 AM -1:00 P.M.

People can also make an appointment for vaccinations at their Health Care Provider's offices. All of the vaccines listed above are available free of charge.

For more information about immunization, contact the Health Unit by calling the Health ACTION Line at 1-800-660-5853 or 613-345-5685 or by visiting our website at [www.healthunit.org](http://www.healthunit.org) and click on the immunization week tab.

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