To:        Local News Media

From:     Central Michigan District Health Department


Release Date: April 12, 2013

“Immunizations. Power to Protect” For National Infant Immunization Week (NIIW) this year we would like to stress the importance of protecting infants from vaccine-preventable diseases. We also want to celebrate the achievements of the many immunization programs in our health department and those at our local immunization providers for promoting healthy communities! It is from the help of everyone in our medical community that we are stopping the spread of vaccine-preventable diseases. Immunizing all infant and children protects not only their health, but the health of the entire community. Since 1994, NIIW has served as a call to action for parents, caregivers, and healthcare providers to ensure that infants are fully immunized against 14 vaccine-preventable diseases.

Immunization is one of the best ways parents can protect their children against serious diseases. Parents – please talk to your child’s doctor to ensure your infant or child is up-to-date on immunizations. Immunized children help stop the spread of disease to others who may not be completely immunized, or have weaker immune systems.

By the time a child reaches his/her 2nd birthday, they should receive the following immunizations to help protect them against multiple diseases:

- 2 doses of Hepatitis A
- 3 doses of Hepatitis B
- 3 doses of Rotavirus
- 4 doses of DTaP (Diphtheria, Tetanus, Pertussis)
- 4 doses of Hib (H. Influenza, type b)
- 3 doses of Polio
• 1 dose of MMR (Measles, Mumps, Rubella)
• 1 dose of Varicella (Chickenpox vaccine)
• 4 doses of Pneumococcal
• Seasonal Flu (number of doses vary – check with your doctor)

Additional doses of some vaccines listed above are needed at 4 – 6 years of age and/or 11 – 12 years of age.

When children do receive their immunizations, side effects, if any, are usually mild and can include: tiredness, low-grade fever and tenderness at site where immunization was given in the arm or leg. Children are more likely to be harmed by vaccine preventable diseases than by receiving the actual immunizations. If children do not receive their immunizations and are diagnosed with these diseases, they could experience the following: fever, chills, breathing problems, heart problems, pneumonia, infections, brain damage, nausea, rashes, hospitalization and even death. More information on infant/child immunizations can be found at:

• [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines) (Centers for Disease Control and Prevention)
• [www.immunize.org](http://www.immunize.org) (Immunization Action Coalition)
• [www.mcir.org](http://www.mcir.org) (Michigan Care Improvement Registry)
• [www.cmdhd.org](http://www.cmdhd.org) (Central Michigan District Health Department)

During this awareness week, we are asking parents and caregivers to call your doctor or local Central Michigan District Health Department branch office and make an appointment for your child to get immunized.

Call your local Health Department branch office today to make an appointment:

<table>
<thead>
<tr>
<th>City</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arenac County</td>
<td>(989) 846-6541 ext. 15</td>
</tr>
<tr>
<td>Clare County</td>
<td>(989) 539-6731 ext. 15</td>
</tr>
<tr>
<td>Gladwin County</td>
<td>(989) 426-9431 ext. 15</td>
</tr>
<tr>
<td>Isabella County</td>
<td>(989) 773-5921 ext. 15</td>
</tr>
<tr>
<td>Osceola County</td>
<td>(231) 832-5532 ext. 15</td>
</tr>
<tr>
<td>Roscommon County</td>
<td>(989) 366-9166 ext. 15</td>
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If you would like an opportunity to support immunization efforts, consider joining Together We Can. Together We Can is a community project aimed at improving health status in the central Michigan counties of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon. For more information LIKE Together We Can Health Improvement Council on Facebook, visit our website at [www.together-we-can.org](http://www.together-we-can.org) or email us at TogetherWeCan@cmdhd.org.