

*County of Moore*  
*Department of Health*  
705 Pinehurst Avenue • P.O. Box 279  
Carthage, North Carolina 28327

Robert R. Wittmann, M.P.H.  
Director

Telephone: 910-947-3300  
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**FOR IMMEDIATE RELEASE**

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**August is National Immunization Awareness Month**

We all need shots (also called vaccinations or immunizations) to help protect us from serious diseases. To help keep our community safe, the Moore County Health Department is proudly participating in National Immunization Awareness Month.

Shots can prevent serious diseases like the flu, measles, and pneumonia. Some diseases that once injured or killed thousands, are no longer common in the U.S. – primarily due to safe and effective vaccines. Polio is one example of the great impact that vaccines have had in the United States. Polio was once America's most-feared disease, causing death and paralysis across the country, but today, thanks to vaccination, there are no reports of polio in the United States.

Vaccines are only given after a long and careful review by scientists, doctors, and healthcare professionals. Vaccines will involve some discomfort and may cause pain, redness, or tenderness at the site of injection but this is minimal compared to the pain, discomfort, trauma, and potential cost of the diseases these vaccines prevent. Serious side effects following vaccination, such as severe allergic reaction, are very rare. The disease-prevention benefits of getting vaccines are much greater than the possible side effects for almost all children and adults.

*“To Protect and Promote Health through Prevention and Control of Disease and Injury.”*  
<http://www.moorecountync.gov/health/>

Environmental Health  
Telephone: 910-947-6283  
Fax: 910-947-5127

WIC  
Telephone: 910-947-2797  
Appointments: 910-947-3271  
Fax: 910-947-2460

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It's important to know which shots you need and when to get them. Everyone age 6 months and older needs to get a flu vaccine every year. Other shots work best when they are given at certain ages.

- If you have a child age 6 or younger, find out which shots your child needs.  
([http://www2a.cdc.gov/nip/kidstuff/newscheduler\\_le/](http://www2a.cdc.gov/nip/kidstuff/newscheduler_le/))
- Find out which shots adults and teenagers need.  
(<http://www2.cdc.gov/nip/adultImmSched/>)
- Use this chart for adults to see if you are up to date on your shots.  
(<http://www.cdc.gov/vaccines/schedules/easy-to-read/adult.html>)
- If you are pregnant, use this recommended immunization schedule.  
([http://www.cdc.gov/vaccines/pubs/downloads/f\\_preg\\_chart.pdf](http://www.cdc.gov/vaccines/pubs/downloads/f_preg_chart.pdf))

Talk to your doctor or nurse to make sure that everyone in your family gets the shots they need. To learn more, visit the Moore County Health Department website at [www.moorecountync.gov/health](http://www.moorecountync.gov/health).

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