

August's Topic: Immunization Awareness

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HEALTHCARE CLINIC HOURS:

Monday-Wednesday, Friday

8:00 a.m. to 5:00 p.m.

Thursday

9:00 a.m. to 5:00 p.m.

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PHARMACY HOURS:

Monday-Wednesday, Friday

7:30 a.m. to 5:30 p.m.

Thursday

9:00 a.m. to 5:30 p.m.

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August is National Immunization Awareness Month!

FACTS ABOUT IMMUNIZATIONS:

- Immunizations are a **safe and effective** way to help your body fight against certain germs that can cause common diseases.
 - Some of these diseases can be fatal.
- Immunizations contain the same germs that cause disease, but the germs have been killed or weakened.
 - *Ex.* The pneumococcal vaccine contains the pneumococcal bacteria.
- After being immunized, your body's immune system is stimulated.
 - This produces antibodies against the killed or weakened germ, which helps your body fight off the live and strong germ.
- In the United States, all vaccines are studied and tested by the U.S. Food and Drug Administration (FDA) before they become available to the public.
 - The FDA ensures the safety and efficacy of each vaccine.

Vaccines have decreased the occurrence of several diseases,

including:

- Influenza (flu)
 - Tetanus
 - Diphtheria
 - Pertussis (whooping cough)
 - Measles
 - Mumps
 - Shingles
 - Hepatitis A and B
 - Meningitis
 - Plus many more!
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What every adult needs:

- ✓ **Influenza (flu)**
 - **WHEN?** Every year during flu season
 - ✓ **Tetanus, diphtheria, whooping cough (Tdap) - Boostrix®**
 - **WHEN?** Once in your lifetime or every pregnancy
 - ✓ **Tetanus, diphtheria (Td) - Tenivac®**
 - **WHEN?** Every 10 years
-

What is needed based on age:

- ✓ **Human Papillomavirus (HPV) - Gardasil®**
 - **WHO?**
 - Females 26 years of age or younger
 - Males 21 years of age or younger
 - Males 26 years of age or younger who have weakened immune systems or HIV, or who have sexual intercourse with men
 - **WHEN?** One series of 3 doses
 - ✓ **Measles, Mumps, Rubella (MMR) - MMR® II**
 - **WHO?** Adults born in the U.S. in 1957 or later
 - **WHEN?** One time
 - ✓ **Pneumococcal (pneumonia) - Pneumovax 23®, Prevnar 13®**
 - **WHO?** Adults 65 years of age or older
 - **WHEN?** Twice (PCV13 followed by PPSV23 6-12 months later)
 - ✓ **Shingles (Herpes Zoster) - Zostavax®**
 - **WHO?** Adults 60 years of age or older
 - **WHEN?** One time
 - ✓ **Varicella (chickenpox) - Varivax®**
 - **WHO?** Adults born in the U.S. in 1980 or later
 - **WHEN?** One series of 2 doses
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Vaccines needed based on health conditions, lifestyle, or job:

	Hepatitis A (Havrix®)	Hepatitis B (Recombivax HB®)	Meningococcal (Menveo®)	Pneumococcal polysaccharide (Pneumovax 23®)	Pneumococcal conjugate polysaccharide (Prevnar 13®)
Weakened immune system				•	•
HIV		•		•	•
No spleen or spleen does not work well			•	•	•
Heart disease				•	
Chronic lung disease (for example COPD or Asthma)				•	
Diabetes: Type 1 or type 2		•		•	
Chronic kidney disease or kidney failure		•		•	•
Chronic liver disease	•	•		•	
Chronic alcoholism				•	
Men who have sex with men	•	•			
College freshman living in residence halls			•		

Don't wait. Get vaccinated!

VACCINES OFFERED AT THE STATE WELLNESS CENTER:

- ✓ **Free:** Seasonal Flu, Td/Tdap, Zostavax®, Pneumovax 23®, Prevnar 13®
- ✓ **\$50/injection:** Hepatitis B series

References

1. Education Adult Patients: Vaccination Resources [Internet]. Atlanta: Centers for Disease Control and Prevention; c2014. 2014 Aug [cited 2015 July 8]; [about 2 screens]. Available from: <http://www.cdc.gov/vaccines/hcp/patient-ed/adults/downloads/fs-vaccines-need.pdf>
2. Vaccines: the basics [Internet]. Atlanta: Centers for Disease Control and Prevention; c2014. 2012 Mar 14 [cited 2015 July 7]; [about 2 screens]. Available from: <http://www.cdc.gov/vaccines/vpd-vac/vpd-vac-basics.htm>
3. How vaccines prevent diseases [Internet]. Atlanta: Centers for Disease Control and Prevention; c2014. 2012 Mar 8 [cited 2015 July 7]; [about 2 screens]. Available from: <http://www.cdc.gov/vaccines/parents/vaccine-decision/prevent-diseases.html>



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Please let us know how we are doing by filling out a survey at the following link:

https://auburn.qualtrics.com/SE/?SID=SV_3DXRXyUp8KC7Lzn

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(334) 263-8470

State Wellness Center

101 S. Union Street
Montgomery, AL 36104

All active employees, covered spouses of active employees, non-Medicare retirees and covered non-Medicare spouses of retirees that use the State Employees' Health Insurance Plan (Group 13000) as their primary insurance plan are eligible for a wellness premium discount. Each wellness plan year is November 1 through October 31.

SEIB and Local Government employees along with SEIB retirees are able to use the State Wellness Center Pharmacy. The pharmacy offers various over the counter products at discounted prices and a **free medication delivery service**. Delivery can be provided to the patients located in Montgomery. Please designate which site you would like your medication delivered to, and if it is to your residence someone must be available at the home to receive the delivery.

State Wellness Center Healthcare Clinic

The SEIB clinic has a quality healthcare **TEAM** that includes nurse practitioners, an ambulatory care pharmacist, a physician, and nurses who work closely together to take care of your health and wellness needs.

Services Include:

- Treat minor illnesses
- Provide health education & monitoring
- Check health progress between appointments
- Share information with your physician
- Monitor efficacy & safety of every medication
- Evaluate out of pocket medication expense
- Smoking cessation & weight loss services
- Diabetes education program
- Immunizations & injectable medications
- Develop a personalized medication plan
- Monitor control of chronic illnesses
- Medication check-ups
- Medication therapy management