Winter Upshot

Embracing 2024 with Vaccine Recommendations

The Centers for Disease Control and Prevention (CDC) has updated the Adolescent Immunization Schedule. This schedule is for people ages 18 years or younger.

The CDC has also updated the Adult Immunization Schedule. This schedule is for people ages 19 years and older.

It is important to stay up to date with annually recommended updated respiratory vaccines and 10-year tetanus booster formulations.

Some populations, such as health care workers, pregnant women, adults 50 years or older and those with other chronic health conditions, have different recommendations for routine vaccinations.

If you have questions about what vaccines are best for you, consult your health care provider.

Vaccine Highlight: Diphtheria, Tetanus and Whooping Cough (DTAP)

Diphtheria, tetanus, and pertussis are considered respiratory diseases, but vaccines are available to prevent these infections:

- Tetanus, dipterhia, and pertussis (Tdap) vaccine
- Tetanus and diptheria (Td) vaccine
- Diptheria, tetanus, and pertussis (DTaP) vaccine
    - For children who should not get whooping cough vaccines, doctors can give Td instead of DTaP

The CDC recommends the following vaccines for these respiratory diseases dependent upon age and dosage(s):

Population	Vaccine	Dosage(s)	Age

Infants	DTaP	Three doses	Two, four and six months
Infants and Children	DTaP booster	Two doses	15 -18 months, and 4 through 6 years
Preteens and Teens	Tdap	One dose	11 through 12 years
Pregnant Women	Tdap	One dose	27-36th week of each pregnancy
Adults	Tdap/Td	One dose	Previously did not receive at or after age 11*
Adults	Tdap/Td booster	One dose	Every 10 years

People with certain medical conditions may need a modified dosage or a booster shot. If a person has not been previously vaccinated, catch-up doses of the vaccine are safe and recommended.

To learn more about these vaccines, visit the CDC website: Tdap, Td, and DTaP.

Exploring the Link Between Social Media and Vaccines

Health care providers and community organizations should work together to develop strategies to limit the spread of false information. According to the Harvard School of Public Health, the best way to address misinformation is to share scientific facts coupled with personal stories.

Social media plays a big role in our everyday lives and can impact beliefs and choices. However, there is a lot of inaccurate or incomplete information about vaccines on the internet.

To ensure that you have correct, up-to-date information about immunizations, use trusted internet sources like the Centers for Disease Control and Prevention (CDC).

The Power of Online Vaccine Education Games

There are several online vaccine education games which emphasize the importance of vaccines, understanding the science behind vaccines, and how to stay healthy.

Just the Vax is a trivia game that allows players to test immunization knowledge. In Vax Pack Hero, players become heroes, fighting off germs, collecting trading cards, and learning about vaccine champions.