

A publication of the
PINELLAS COUNTY HEALTH DEPARTMENT

Beat the School Rush — Vaccinate Now



Immunizing your child is one of the most loving things you can do for him or her because immunization prevents dangerous diseases. These include polio, measles, rubella, diphtheria, pertussis (whooping cough), tetanus, mumps, H. influenzae type b, hepatitis B, and chickenpox.

When your child enters school, immunizations are required. Without an up-to-date immunization record, your child won't be permitted to attend school. This rule is for his or her safety and the safety of all school children. Florida Certificate of Immunization Form DH 680 is the only document the schools are permitted to accept as proof of immunization.

There are three ways to beat the rush to get your child immunized before school starts:

1. Call now for an appointment with your child's doctor.
2. Call or visit any of the five Pinellas County Health Department centers for FREE childhood immunizations:

● **Clearwater Center**
310 North Myrtle Ave
727-469-5800

● **Largo Center**
12420 130th Ave. N
727-588-4040

● **Pinellas Park Center**
6350 76th Ave. N
727-547-7780

● **Tarpon Springs Center**
301 S. Disston Ave.
727-942-5457

● **St. Petersburg Center**
205 Dr. Martin Luther King
Street N
727-824-6900

Our Vision

Healthier
People In A
Healthier
Environment

3. Plan to bring your child along with their shot record to one of the *Back to School* Health Fairs.

**July 17 — Long Center (North County)
at 9 a.m.**

**July 24 — John Hopkins Middle School
(South County) at 9 a.m.**

Note to Parents: Bring along your younger children too. One out of four infants in Florida are not fully protected from vaccine preventable diseases.

Vaccines Protect Against:

Hep B vaccine protects against hepatitis B, which can cause liver cancer, liver failure, or chronic liver disease.

DTaP vaccines protect against diphtheria, tetanus and pertussis. Diphtheria can cause choking, paralysis, and death. Tetanus (lockjaw) can cause stiff muscles, seizures, and breathing and heart problems. Pertussis (whooping cough) can cause pneumonia, brain damage, and death.

IPV protects against polio, which can cause paralysis and death.

Hib vaccine protects against H. influenzae type b, which can cause severe ear, nose, throat infections; pneumonia; mental retardation and death.

PCV protects against pneumococcal infections, which can cause pneumonia and meningitis.

MMR vaccine protects against measles, mumps, and rubella. Measles can cause ear infections, pneumonia, brain damage, and death. Mumps can cause hearing loss, brain damage, and sterility in males. Rubella (German measles) can cause a miscarriage and serious birth defects.

Varicella vaccine protects against chickenpox, which can cause severe infections.

Pinellas County Health Department

MEN'S HEALTH IS A FAMILY MATTER

Men's Health Week is June 14—20, 2004



The purpose of **Men's Health Week** is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Congress has been committed to National Men's Health Week since its inception, and

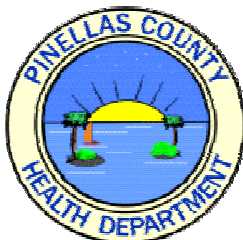
to show that commitment and support, for the past six years, men's health screenings have been offered on Capitol Hill during National Men's Health Week with more than 700 Congressional members, staffers, and employees taking part each year. Included are screenings for prostate cancer, blood pressure, cholesterol, diabetes and body fat.

The awareness week gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. Nationwide events are scheduled designed to show how simple diagnostic pain-free tests can save lives. The Men's Health Checklist to your right gives a schedule for prevention health screenings that men should have during their lives. For more information about Men's Health Week, visit the Men's Health Network™ at

www.menshealthnetwork.org

"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."

-Congressman Bill Richardson



For more information regarding this newsletter, please contact:
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Men's Health Checklist

Checkups	When?	20-39	40-49	50+
Physical Exam	Every 3 years Every 2 years Every year	✓	✓	✓
Blood Pressure	Every Year	✓	✓	✓
TB Skin Test	Every 5 years	✓	✓	✓
Blood Test And Urinalysis	Every 3 years Every 2 years Every year	✓	✓	✓
EKG	Baseline Every 4 years Every 3 years	Age 30	✓	✓
Tetanus Booster	Every 10 years	✓	✓	✓
Rectal	Every year	✓	✓	✓
PSA Blood Test	Every Year		*	✓
Hemocult	Every year		✓	✓
Colorectal Health	Every 3-4 years		✓	✓
Chest X-Ray	Every year if smoker		✓	✓
Self Exams (to find lumps in earliest stages)	Monthly By Self	✓	✓	✓
Bone Health	Discuss with doctor		Age 60	Age 60
Testosterone Screening	Discuss with doctor		✓	✓
STD Screening	Under supervision	✓	Discuss	Discuss

—Information courtesy of the Men'sHealthNetwork.org

*African-American men and men with a family history of prostate cancer may wish to begin screening at age 40 or earlier.



A simple screening can save your life. Call your physician today and make an appointment!

