

## **MEDCHI URGES MARYLANDERS TO HAVE A CONVERSATION WITH THEIR HEALTHCARE PROVIDER ABOUT THE MOST APPROPRIATE VACCINE SCHEDULE FOR THE ENTIRE FAMILY**

*August is 'National Immunization Awareness Month' and Back-to-School Season for Maryland Students*

BALTIMORE, August 10, 2017 — As part of its educational efforts around “National Immunization Awareness Month” and back-to-school season for students, MedChi, The Maryland State Medical Society, today urged Marylanders of all ages to have a conversation with their healthcare provider about the most appropriate vaccine schedule for their entire family.

“Vaccines are one of the greatest public health tools in history and are critical to protecting Marylanders from a broad range of dangerous and potentially deadly diseases,” said MedChi President Dr. Stephen Rockower. “Immunizations aren’t just for kids. MedChi encourages all Marylanders, including those taking their kids to a physician for back-to-school vaccines, to stay up-to-date on their shots and to have a conversation with their healthcare provider about the most appropriate vaccine schedule for the entire family.”

MedChi reminds families across Maryland of the following:

- Everyone over the age of 6 months should receive a seasonal flu vaccine.
- If you have a child age 6 or younger, check with your child’s pediatrician to see which shots they need.
- Adults need a booster shot every 10 years to help protect against tetanus and diphtheria. Use [this chart](#) to see if you are up to date on your shots.
- Find out what shots adults and teenagers need, since this will differ from infants and younger children.
- If you are pregnant, make sure you speak to your physician about getting on the proper [vaccination schedule](#) to protect both you and your baby.
- College-age students and those living in close quarters like dormitories are more susceptible to the spread of meningitis and vaccines now exist for all strains of meningococcal disease.
- If you will be traveling find out which shots you will need to help keep you safe.
- All adults over the age of 65 and those with chronic conditions such as heart disease, asthma and lung disease, and liver disease, should be vaccinated against the spread of pneumococcal disease.

All vaccinations work on a different schedule, and families should check in with their healthcare providers to ensure they are getting the right shots at the right time. Additionally, ask your provider for a copy of your records so that you can always have them on file for reference.

For more information, please visit [www.medchi.org](http://www.medchi.org) or the U.S. Centers for Disease Control and Prevention (CDC) website: <https://www.cdc.gov/vaccines/schedules/>

About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. It is the largest physician organization in Maryland. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients and the public health of Maryland. For more information, please visit [www.medchi.org](http://www.medchi.org).