



PLAINVILLE-SOUTHINGTON REGIONAL HEALTH DISTRICT

Main Office
196 NORTH MAIN STREET
SOUTHINGTON, CT 06489

Satellite Office
ONE CENTRAL SQUARE
PLAINVILLE, CT 06062

860-276-6275 • FAX 860-276-6277 • pshd.org
SHANE LOCKWOOD, M.P.H., R.S.
DIRECTOR OF HEALTH



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CONTACT: SHANE LOCKWOOD, 860-276-6275

August Is National Immunization Awareness Month

PSHD Encourages Residents to Stay Up To Date on Immunizations

August is National Immunization Awareness Month and the Plainville-Southington Health District (PSHD) encourages residents to stay up to date on immunizations. Immunizations help prevent dangerous and sometimes deadly diseases such as flu, measles, and pneumonia. It's important to know which immunizations you need and when to get them.

“It is a great time of year to remind members of our community to stay up to date on their immunizations,” said Shane Lockwood, PSHD Director of Health. “PSHD encourages residents to talk to their doctors or nurses to make sure that everyone in their family gets the immunizations they need.”

Immunizations are the best way to prevent disease. According to the Centers for Disease Control and Prevention (CDC), immunizations saves the lives of 2 to 3 million people every year. The diseases vaccines prevent can be dangerous, or evenly deadly. Vaccines reduce the risk of infection by working with the body's natural defenses to help

them safely develop immunity to disease. Immunizations have significantly reduced the incidence of many serious infectious diseases.

Contact your medical care provider today to make sure you and your family are current on your immunizations.

For more information on immunizations visit the CDC website at www.cdc.gov.

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The mission of the Plainville Southington Health District is to preserve, protect, promote, and improve the quality of life in a healthy environment through the prevention of disease, ongoing health education opportunities and the enhancement of the well-being of its residents.