

# Skeehchooash

*Pequot for Grasses, Herbs, Medicines*

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

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## Don't get **CAUGHT** without your **SHOTS!**

*Protect yourself and those you love*

### The CDC recommends adults get the following vaccines:



- Yearly Influenza to protect against the flu
- TD vaccine every 10 years to protect against tetanus (Tdap once)
- Pneumococcal and Meningococcal vaccine based on age and risk factors
- Ask your doctor about other vaccines depending on age, lifestyle, job and health conditions
- Click on this link below for a full schedule
- <http://www.cdc.gov/vaccines/schedules/downloads/adult/adult-schedule-easy-read.pdf>\* (adults)

### It is VERY important that all children stay up-to-date with vaccinations!

- Keep a log of all vaccines and bring them with you to every visit
- Click the link below for an easy-to-read schedule
- <http://www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf> (0-6 years)
- <http://www.cdc.gov/vaccines/who/teens/downloads/parent-version-schedule-7-18yrs.pdf> (7-18 years)



## 5 Reasons To Immunize:

### 1. Immunizations can save you and your child's life

Diseases that have once injured or killed thousands have been eliminated completely and others are close to being gone.

### 2. They are safe and effective

All vaccines go through rigorous safety testing. They are carefully reviewed by scientists, doctors and healthcare professionals. The most comprehensive scientific studies have found NO link between vaccines and autism.

### 3. They protect others you care about

You are not only protecting yourself but you are helping prevent the spread of diseases to your friends and loved ones.

### 4. They can save your family time and money

Being sick or having a sick child can take a financial toll due to lost time at work and medical bills. Vaccines can prevent some of these diseases and most vaccinations are covered by your insurance.

### 5. Protect future generations

Diseases such as smallpox have been completely eliminated thanks to vaccines. Let's protect our future generations from severe diseases by staying up to date with our immunizations!

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[pharmacy@mpnt.org](mailto:pharmacy@mpnt.org)

PEQUOT  
HEALTH CARE  
Pequot Health Care  
1 Annie George Drive  
Mashantucket,  
CT 06338



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An Nguyen, PharmD Candidate

At Pequot Health Care, we are dedicated to maintaining your good health!