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# CAPE MAY COUNTY DEPARTMENT of HEALTH

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May 10, 2010

To: Cape May County Primary Care Physicians, Pediatricians, OB-GYN, Infection Control, Community Clinics, School Nurses, County and Municipal Senior Centers, Departments of Aging and Social Services, Assisted Living, School Nurses, Municipal Clerks, churches, Puerto Rican Action Committee, Cape Human Resources

## **Re: County offers new vaccine program for adolescents and adults**

The Cape May County Department of Health will be offering low-cost adult and adolescent vaccines under the American Recovery and Reinvestment Act (ARRA) program for a limited time only. Four vaccines are available – Gardasil, Meningococcal conjugate, Tdap, and Pneumococcal polysaccharide. The Department has a limited supply of each vaccine, but will offer them as long as supplies last from the NJ Department of Health and Senior Services.

There is no cost for the vaccines, but a \$15 administration fee per patient will be charged. Residents should call 463-5144 to schedule an appointment. Detailed information on each of the vaccines is available at [www.cmchealth.net](http://www.cmchealth.net). Available vaccines under this program include:

**Gardasil** – This vaccine prevents human papillomavirus (HPV), which can lead to cervical and other cancers in women as well as genital warts in men and women. HPV vaccine is important because it can prevent most cases of cervical cancer in females, if it is given before a person is exposed to the virus. This vaccine is routinely recommended for girls 11 or 12 years of age, but can be given as early as 9 years and is recommended for women up to age 26 if they haven't been previously vaccinated. Males 9 through 26 years of age may get HPV vaccine to prevent genital warts. HPV vaccine is given in a three-dose series.

**Meningococcal** – The meningococcal conjugate vaccine prevents against a leading cause of bacterial meningitis and blood infections. Meningococcal disease is a serious and often fatal bacterial illness. Even when treated with antibiotics, 10-15% of people die. Of those who survive, another 11-19% lose their arms or legs, become deaf, have problems with their nervous systems, become mentally retarded, or suffer seizures or strokes. This vaccine is routinely recommended at 11 or 12 years of age, but can be given as early as 2 years for some people and through 55 years of age.

**Tdap** - The Tdap vaccine provides protection against tetanus, diphtheria, and pertussis, which are three bacterial diseases. Diphtheria and pertussis are spread from person to person and tetanus enters the body through cuts, scratches, or wounds. This vaccine is routinely recommended for adolescents 11-18 years and for adults less than 65 years as a replacement of one ten-year tetanus booster. Tdap is particularly important for persons who have close contact with infants, to protect them from pertussis.

**Pneumococcal** – The “pneumonia shot” prevents pneumococcal disease caused by *Streptococcus pneumoniae* bacteria. Pneumococcal disease can lead to serious and fatal illnesses, like pneumonia, blood infections, and meningitis. This vaccine is recommended for all adults 65 years and older, persons 2 to 64 years who have diabetes, heart, lung, or liver disease, a weakened immune system, or alcoholism. Vaccination is also recommended for persons 19 to 64 years who smoke cigarettes or have asthma. A single revaccination may be indicated for certain people. Another pneumococcal vaccine is recommended for children less than 5 years of age.

Certain people may have health conditions that would not allow them to be vaccinated. Residents should discuss any concerns with their physician.

Please share this information with your patients or clients. Thank you for your assistance,

Sincerely,

A handwritten signature in black ink, appearing to read "Kevin Thomas". The signature is fluid and cursive, with the first name "Kevin" and last name "Thomas" clearly distinguishable.

Kevin Thomas, MA, HO  
Public Health Coordinator, Cape May County Department of Health

Cc: Kim Cervantes, MA, MPH, Epidemiologist

# Low-Cost Adolescent and Adult Vaccinations

When we think of “vaccination,” we tend to think about protecting our young children from serious illnesses. While this is critically important, there are many diseases that affect adolescents and adults that can also be prevented through vaccination. When scheduling your next doctor’s visit, ask what vaccinations are right for you.

The Cape May County Department of Health is now offering four important adolescent/adult vaccines to County residents—Gardasil, Meningococcal, Tdap, and Pneumococcal (pneumonia). These vaccines will only be offered for a limited time and will be given on a first-come, first-served basis, so **call 463-5144 to schedule your appointment today!** Cost: \$15 per person.

## Vaccines Available at Cape May County Department of Health:

**Gardasil**— prevents HPV, which can lead to cervical cancer in women and genital warts in men and women. Routinely recommended at 11-12 years, but can be given between 9 and 26 years of age. Gardasil is given in a 3-dose series.

**Meningococcal**— prevents against a leading cause of bacterial meningitis. Routinely recommended at 11-12 years, but can be given between 2-55 years of age.

**Tdap**— prevents against tetanus, diphtheria, and pertussis (whooping cough). Routinely recommended at 11-12 years, but can be given between 10-64 years of age. Adults should replace one of their every-ten-year Td boosters with a Tdap vaccine.

**Pneumococcal**— The “pneumonia” shot prevents pneumococcal disease, which causes pneumonia, blood infections, and meningitis. One dose is usually sufficient, but a single revaccination may be indicated for certain people. Vaccination is recommended for:

- Persons 2-64 years with diabetes, heart, lung, or liver disease, a weakened immune system, or alcoholism
- Persons 19-64 years who smoke or who have asthma
- All adults 65 years and older

Detailed information on these vaccines is available at [www.cmchealth.net](http://www.cmchealth.net).

**Cape May County Department of Health - Keeping Cape May County Healthy**



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