



North Central District Health Department

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Immunizations Help Prevent Disease

NCDHD Reminds Residents to Stay Up To Date on Immunizations

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. Vaccine-preventable diseases can be very serious, may require hospitalization, or even be fatal – especially in infants and young children. That is why the North Central District Health Department (NCDHD) encourages all residents to stay up to date on their immunizations.

“Immunizations help prevent dangerous and sometimes deadly diseases such as flu, measles, and pneumonia,” said Patrice Sulik, NCDHD Director of Health. “Most vaccine-preventable diseases are spread from person to person. It’s important to know which immunizations you need and when to get them.”

NCDHD board member, Richard Regnier of Enfield, encourages residents to talk to their primary care providers. Regnier states, “Make sure everyone in your family gets the immunizations they need. Be sure to follow up with providers if an immunization requires a series of vaccinations.”

The United States has very low rates of vaccine-preventable diseases, but this isn't true everywhere in the world. Many countries do not have immunizations to prevent disease which is why we continue to see outbreaks of measles, polio, and whooping cough (to name a few). Immunizations not only protect ourselves, they also protect the people around us (some who may be unable to get certain vaccines or might be susceptible for other reasons). Immunizations are important to our overall health, and can make the difference between life and death.

Immunizations can save lives. Stay current on your immunizations and talk to your primary care provider if you have any questions or concerns. For more information on immunizations visit the CDC website at www.cdc.gov.

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About NCDHD

The North Central District Health Department (NCDHD) serves the communities of Enfield, East Windsor, Ellington, Stafford, Suffield, Vernon, Windham, and Windsor Locks. NCDHD is a full-time public health department with a full-time staff funded by its member towns and an annual per capita grant from the Connecticut State Department of Public Health. NCDHD provides professional public health services in the areas of health education and disease prevention, environmental health and emergency preparedness. The mission of NCDHD is to prevent disease, injury, and disability by promoting and protecting the health and well-being of the public and our environment.

For more information about NCDHD visit www.ncdhd.org.