



HEALTH & WELLNESS NEWS

Is your child vaccinated?

August is Immunization Awareness Month and we are reaching out to you!

Doctors recommend vaccines during childhood because they're an incredibly effective way to prevent dangerous diseases and their potentially long-term effects. Right now there are diseases that kids can be protected from through vaccination. Vaccines are also the reason why some serious diseases have been completely wiped out worldwide. Here is an age range for when your child should get vaccinated. If you have any questions, please call or make an appointment with your primary care provider.

- **Diphtheria** — Is a disease that can cause a thick covering in the back of the nose or throat that makes it hard to breathe or swallow. Other symptoms may be present. Refer to the CDC at cdc.gov. Recommendation is five doses, one dose at each age: 2 months, 4 months, 6 months, 15 through 18 months, and 4 through 6 years old.
- **Tetanus** — Causes painful muscle stiffness and lockjaw and can be fatal. Parents should warn kids about Tetanus every time they get scratched, scraped, poked or sliced by something metal. Recommendation is five doses, one at each age: 2 months, 4 months, 6 months, 15 through 18 months, and 4 through 6 years old.
- **Whooping Cough (Pertussis)** — Is a highly contagious disease that can be deadly for babies. It can cause uncontrollable, violent coughing, which often makes it hard to breathe. Other symptoms may be present. Refer to the CDC at cdc.gov. Recommendation is five doses, one at each age: 2 months, 4 months, 6 months, 15 through 18 months, and 4 through 6 years old.
- **Chickenpox** — Is a disease that causes an itchy rash of blisters and a fever. Other symptoms may be present. Refer to the CDC at cdc.gov. Recommendation is two doses, one at each age: 12 through 15 months and 4 through 6 years old.
- **Measles** — Is a disease that is very contagious and serious, especially for young children. You can get the measles by being in a room where a person with measles has been, even up to two hours after that person has left. Recommendation is two doses, one at each age: 12 through 15 months and 4 through 6 years old.
- **Mumps** — Is a disease known for causing puffy cheeks and a swollen jaw. Other symptoms may be present. Refer to the CDC at cdc.gov. Recommendation is two doses, one at each age: 12 through 15 months and 4 through 6 years old.
- **Rubella Rotavirus** — Is contagious disease that causes severe watery diarrhea, often with vomiting, fever and abdominal pain. Other symptoms may be present. Refer to the CDC at cdc.gov. Recommendation is two doses, one at each age: 2 months and second dose at 4 months.
- **Pneumococcal** — Is a disease cause by bacteria (Streptococcus Pneumoniae) that causes ear infections, sinus infections, pneumonia and even meningitis. Other symptoms may be present. Refer to the CDC at cdc.gov. Recommendation is four doses, one at each age: 2 months, 4 months, 6 months, and 12 through 15 months.

Certified Application Assistors at the Health & Wellness Center

Cheyenne Zimmer is now available to assist with recertification and applications for the Oregon Health Plan. She can be reached at 503-879-1359 or cheyenne.zimmer@grandronde.org. Leah Bailey also is a Certified Application Assister available to help. She can be reached at 503-879-2197 or leah.bailey@grandronde.org.

Grand Ronde Health & Wellness Center Optometry

Schedule back to school eye exams today!
Call 503-879-2097.

Patient Satisfaction Survey is here!

The opportunity to tell us about how you think we're doing as a clinic starts on July 2nd, 2018. The survey is available via paper form at the Patient Registration department in the clinic, through our website at www.grandronde.org and also through scanning the code on here with your smartphone. There are prizes drawn for those who participate as well!



Do you need a sports physical?



We are ready for you!! Grand Ronde Medical has set aside appointments just for you. Tuesday, Aug.7, is the day. Please call the front desk at 503-879-2002 to schedule a visit today. Our team is on standby. Prizes will be given to all those who visit.

Community Health and Iskam Mek^h Mek-Haws

Meal Cooking



Come join us in cooking Corn and Tomato Salad

Wednesday August 29th 5:30pm to 7:30pm

At the food bank

Learn to cook healthier for you and your family

Please RSVP to Kim at 503-879-2079 while spots are limited

Oh, did we mention you could win in a raffle drawing??