WTNS Radio OSU Extension Update for August 26, 2024
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about vaccinations, and as always look at some upcoming programs from OSU Extension.

A sure sign that I am getting older is that ages I used to think of as old no longer seem old to me. Nonetheless, there are specific recommendations for those that medical professionals would call older adults at 60 years old and older, or in some cases over the age of 50.

National Immunization Awareness Month is observed each August to highlight the importance of vaccination for people of all ages. Some vaccinations that are recommended for older adults include flu, RSV, and shingles. Here is a little more about each of these vaccinations.

Flu vaccine for older adults: The flu is no fun for any age, but there are particular concerns for getting influenza as we age. Flu is very serious when it gets in your lungs, and especially if it develops into pneumonia.

The flu vaccine may not protect for getting the flu, but it does help reduce the chances of becoming seriously ill or hospitalized. This vaccine is also important when a person has a chronic health condition such as heart disease or diabetes.

The CDC recommends getting a flu vaccine by the end of October each year. Since it takes two weeks for the vaccine to be effective, this gives time to be more protected when the flu season starts. Flu season typically peaks in December or January.

There are flu vaccines designed specifically for older adults. The CDC recommends that people aged 65 and older receive a higher-dose flu vaccine or an adjuvanted flu vaccine. As with any medical decision, talk with a health care provider or pharmacist about which vaccine is best for you.

RSV vaccine for older adults: Respiratory syncytial virus (RSV) is a common virus that usually causes mild, cold-like symptoms. You may have heard of infants becoming sick from RSV. Older adults also have a high risk of developing severe symptoms if they are infected with RSV.

The CDC recommends that adults 60 years and older talk with their health care provider about whether they should receive the RSV vaccine. This may depend on your overall health condition as well as environmental considerations.

Shingles vaccine for older adults: Shingles is caused by the same virus as chickenpox. Anyone who has had chickenpox, still has that virus in their body. As they get older, the virus could become active again and cause shingles.

Shingles affects the nerves. Common symptoms include burning, shooting pain, tingling, and/or itching, as well as a rash with fluid-filled blisters. Even when the rash disappears, the pain can remain. The recommendation is that healthy adults aged 50 and older should get vaccinated with the shingles vaccine, Shingrix, which is given in two doses. Currently, the shingles vaccine provides protection for a least seven years.

Most vaccinations are covered through Medicare and private insurance plans. The flu vaccine is covered. Check with Medicare or your health plan for details about coverage for the RSV vaccine and the shingles vaccine. You can get vaccinated at a doctor's office, your local health department, and many pharmacies.

And now let's see what else is new from OSU Extension. Mark your calendar for a "Tick Talk" program on September 5. That's t-i-c-k t-a-l-k. Confirmed cases of Lyme Disease continue to rise in Coshocton County, and black-legged deer tick populations are also increasing. The program will be held Thursday, September 5 at 6:00 p.m. at the Coshocton County Community Room, 637 Chestnut Street, with featured speaker, Tim McDermott, DVM and Assistant Professor with OSU Extension. This program is a joint effort between Coshocton Public Health District and OSU Extension.

It was great to see so many of you at the Coshocton Farmers Market on Saturday. Remember that you can call into our office with food preservation questions and that OSU Extension has resources about canning, freezing, dehydrating, fermenting, freeze drying, and more.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and empower our families, individuals, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!