

**Press Release**  
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## **Aug. 9 Lunch and Learn Seminar Discusses Importance of Immunizations**

*Immunizations being scheduled during National Immunization Awareness Month.*

Eastland, Texas (Aug. 4, 2015) – Immunizations are critical for children and adults at all stages of life, protecting us all from dangerous viruses. As part of National Immunization Awareness Month, Eastland Memorial Hospital is hosting a free Lunch and Learn Seminar on Aug. 9, to share with the community why certain immunizations are important for a strong immune system and healthy community.

“Now is the perfect time for you to talk with your local physician about your family’s history of immunizations and ensuring everyone is caught up with vaccinations and booster shots as appropriate,” says Dr. Jennifer Tidroski, a pediatrician in Eastland and seminar presenter later this month. “There are numerous examples of how an outbreak can take place in a community – and in our schools – as a result of someone not being properly vaccinated.”

Dr. Tidroski explains that children are typically the focus of immunizations because of general vaccination schedules and since schools are often where illnesses are easily spread.

Maintaining an up-to-date immunization schedule keeps you healthy and can reduce medical expenses by preventing illnesses that cause people to miss school and work. State law requires that public school and child-care facilities enforce vaccine requirements as a way to protect the public from preventable diseases.

“Vaccinations are generally administered on several variables based on age and history,” Dr. Tidroski adds. “Keeping proper documentation and consulting with your medical provider can help you determine which are appropriate for you and your family.”

With Eastland Independent School District beginning its new school year on August 24, Eastland Memorial Hospital is urging parents and guardians to discuss immunizations with family physicians prior to start of classes.

Those who wish to find out more about vaccinations can call the hospital at 254-629-2601. Most physicians in Eastland accept Medicaid and many private insurances.

Patients who have not visited the doctor’s office in a while or for the first time will need to arrive approximately 15 minutes before their scheduled appointment to provide ample time to complete paperwork.

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To view a list of the recommended vaccinations by age by as recommended by the Center for Disease Control and Prevention (CDC), you may visit [www.immunizetexas.com](http://www.immunizetexas.com).

The free Lunch and Learn Seminar on the importance of immunizations takes place on Aug. 9, from noon until 1 p.m., at the Eastland Memorial Hospital Conference Room. The event is free to attend, but space is limited. Those interested in attending are encouraged to RSVP in advance by calling 254-631-5342 before Aug. 17.

### **About Eastland Memorial Hospital**

Eastland Memorial Hospital provides healthcare for those communities in Eastland County, Texas. Founded in 1953, Eastland Memorial Hospital offers a wealth of medical services including: 24 hour emergency care, advanced radiology services including CT scanning and MRIs, outpatient lab, physical therapy, surgical services, patient education, sleep studies, and more. For additional information, please visit [www.eastlandmemorial.com](http://www.eastlandmemorial.com).

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