

NO-COST Immunizations



✓ Get all school-required vaccines here!

6 Months to 18 years

DTap/Tdap (Diphtheria, Tetanus, Whooping Cough)

MMRV (Measles, Mumps, Rubella, Varicella)

MenACWY-TT (Meningococcal)

MMR (Measles, Mumps, Rubella)

Hib (Haemophilus Influenzae)

HPV (Human Papillomavirus)

IPV (Polio)

Hepatitis A

Hepatitis B

Varicella (chickenpox)

Men B (Meningococcal B)

PCV13 (Pneumococcal)

Upcoming Clinics:

Grays Harbor EMS & Trauma Care Council

-2124 Sumner Ave
Aberdeen, WA 98520

-Main entrance is through the alley

Wednesday December 4th

From 3:00p.m.-7:00p.m.

What you need to know

Postpone vaccination if the child is unwell or has a fever

- Bring the child's vaccination record if available, especially if vaccines

were received outside of Washington State

- **IMMUNIZATION VISITS ARE NOT A SUBSTITUTE FOR ANNUAL WELL-CHILD VISIT.** PLEASE CONTACT YOUR CHILD'S HEALTHCARE PROVIDER FOR AN APPOINTMENT.

✓ COVID-19 & Flu vaccines for adults also available



NO-COST Health Checks



✓ Blood Pressure

Healthy blood pressure reduces heart disease and stroke risk.
Optimal levels vary with age and other factors.

Range	Normal:	Elevated:	High:	Emergency:
Systolic (upper number)	< 120 mmHg	120 – 129 mmHg	≥ 130 mmHg	≥ 170 mmHg
Diastolic (lower number)	< 80 mmHg	< 80 mmHg	≥ 80 mmHg	≥ 100 mmHg
Action to Take	N/A	Monitor	Routine Eval	Immediate Eval

From: The American College of Cardiology/American Heart Association Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults (2017 Guideline)

✓ Blood Glucose

Food breakdown generates blood sugar, triggering insulin release. Insufficient insulin causes diabetes. Normal blood sugar lowers diabetes risk. Hemoglobin A1c assesses long-term control

Range	Normal:	Elevated:	High:	Emergency:
Blood Sugar (mg/dL)	< 100	100-199	200-299	300+
A1c	< 5.7%	5.7%-6.4%	≥ 6.5%	-----

