



A MINUTE OF HEALTH WITH CDC

Time for Your Tetanus

Tetanus Surveillance — United States, 2001–2008

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This program is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

Growing older doesn't mean outgrowing the need for keeping up with your vaccinations. One that requires updating throughout life is tetanus.

Tetanus is a rare but potentially life-threatening disease that's usually caused by tetanus germs getting into the body through a wound.

Since the mid-1900s, cases of tetanus have decreased by 95 percent. Most cases that do occur are diagnosed in adults.

A booster dose of tetanus vaccine is recommended for all adults every 10 years. Check with your health care provider to make sure your vaccines are up-to-date.

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.