



Tetanus: What You Need To Know

Protect yourself and your family with a safe and effective vaccine

What Is Tetanus?

Tetanus is a serious disease caused by bacteria found in soil, dust, and animal waste. The bacteria enter the body through cuts or wounds and release a dangerous toxin that attacks the nervous system.

Tetanus can be deadly, but it is preventable through vaccination.

Common Symptoms

- Lockjaw
- Muscle stiffness and spasms
- Trouble swallowing
- Breathing problems
- Severe pain and cramping

Who Should Get Vaccinated?

- Babies and children starting at 2 months old
- Kids ages 11 to 12 years for booster shots
- Adults every 10 years
- Pregnant women during each pregnancy

Why Boosters Matter

Protection from the vaccine decreases over time. Booster shots every 10 years help keep you protected.

You may also need a booster after a serious or dirty wound if it has been more than 5 years since your last shot.

Is the Vaccine Safe?

Yes. The tetanus vaccine is very safe. Most side effects are mild and short lasting.

- Sore arm
- Mild fever
- Headache
- Tiredness

Where Can You Get Vaccinated?

- G Street Integrated Health Springfield
- G Street Integrated Health Veneta
- Pharmacies
- Urgent Care Clinics
- Lane County Public Health

Low cost options are available for people without insurance.

Do not wait until you are injured.

Stay protected by keeping your tetanus vaccine up to date.

Springfield: 541-735-9420

Veneta: 541-935-6922

gstih.org