

INSTITUTE FOR PREVENTIVE HEALTHCARE & ADVOCACY



Kathey Avery, RN, BSN, CN

Avery Health - Education and Consulting

brings extensive experience and knowledge to help individuals and groups achieve positive health outcomes and implement equity.

Kathey Avery, founder and owner of Avery Health - Education and Consulting, has more than 35 years of experience in healthcare and community activism. She is dedicated to raising awareness about, and helping in the prevention of, chronic diseases and preventable cancers through patient and public education and personal accountability.

Contact Kathey Avery today at 828-768-2369 to schedule a talk or workshop. For more details, please visit www.AveryHEC.com

The Institute for Preventive Healthcare & Advocacy



Promoting optimum health for all residents of Buncombe County and surrounding areas by addressing the social determinants of health and the inequities in access to affordable and preventive healthcare.

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Immunization and Psoriasis Awareness

BY KATHEY AVERY RN, BSN, CN

What you need to know to stay healthy and safe.

It's time to go back to school, and, for many of us, it's also time for a vacation. As of August 2026, Buncombe County has recorded no new measles cases or active exposure locations. The total number of confirmed cases in the county remains at seven, all stemming from earlier in the year. State and local health tracking show that the prior winter outbreak has concluded.

Status Summary

Total Cases: There have been seven confirmed cases recorded in Buncombe County since January 2026.

Active Exposures: None. All historical symptom-watch windows for prior exposure sites (such as local Urgent Care offices and the Biltmore Estate) have completely passed.

Current Risk: Low, with no active outbreaks or monitoring periods currently reported by Buncombe County Public Health.

According to William Chasanov, an infectious disease physician at Beebe Healthcare in Lewes, Delaware, understanding the consequences is important. "Measles is an awful disease. It can bring high fevers, difficulty breathing, and extreme lethargy. It can infect the brain, causing encephalitis, which can have lasting health effects. And it can lead to death, sometimes years later."

Chasanov continued, saying, "It's important to know that the measles vaccine is one of the most highly effective vaccines that we've had on the market for decades ... Measles is highly contagious, but it's also highly preventable."

According to experts, vaccines are key to preventing measles, but equally important is education for families who have questions about vaccines and access to healthcare for those who need the shots and other care.

Measles is prevented using combination shots called MMR (measles, mumps, and rubella), and MMRV (which also adds chickenpox). Two doses give the best protection.

Recommended Schedule

- First Dose: 12 to 15 months of age
- Second Dose: 4 to 6 years of age (before school entry)
- Early Travel Dose: Infants 6 to 11 months old traveling abroad need one early dose, then follow the normal two-dose routine later.

Adults and Special Groups

- Adults born in 1957 or later need at least one dose unless they have lab proof of immunity.
- High-risk adults, healthcare workers, college students, and international travelers should have two documented doses.
- Those born before 1957 are generally considered immune from past childhood exposure.

Vaccination Clinics

As children prepare to go back-to-school, here is information that will keep your child and other children safe this school year.

Buncombe County's Immunization Clinic (40 Coxe Avenue, downtown Asheville) offers all childhood vaccines. Walk-ins are accepted Monday, Wednesday, and Friday from 8 a.m. to 11:30 a.m., and Tuesday and Thursday from 1-4:30 p.m. You can also call (828) 250-5096 to schedule an appointment.



Buncombe County is hosting extra walk-in evening sessions from 4:30 p.m. to 6:30 p.m. on Wednesday September 9, Friday, September 21, and Saturday, September 22, 2026.

Vaccines are low-to-no cost (free via the Vaccines for Children program). Bring your health insurance card, any vaccination records you have, and your parking ticket from the Sears Alley Parking Deck for free parking during the after-hours events.

Alternative Providers: Check with your pediatricist or family healthcare provider, or contact local retail pharmacies that administer routine childhood immunizations.

Protect Against Measles Before Traveling

People six months of age or older who plan to travel internationally, or to locations experiencing measles outbreaks, should make sure they are fully protected against measles before leaving. This means completing the recommended MMR vaccination schedule at least two weeks prior to travel. Travelers must also have written documentation to show proof of immunity.

Sources: Centers for Disease Control, The Guardian, Dr. Jennifer Mullendore, Buncombe County Health Department, www.buncombenc.gov.

August is Psoriasis Awareness Month

Psoriasis is a long-lasting, non-contagious autoimmune disease that accelerates skin cell growth, resulting in thick, red patches covered with silvery scales, itching, and joint pain.

Key Characteristics

Immune response: Caused by an overactive immune system that mistakenly attacks healthy skin cells.

Rapid cell turnover: New skin cells form in days instead of weeks, piling up on the surface.

Common areas: Frequently appears on the elbows, knees, scalp, and lower back.

Triggers: Flare-ups can be set off by stress, skin injury, infections, or certain medicines.

Treatment options include topical creams, phototherapy, oral medications, and biologics.

Common Types

Plaque psoriasis: Raised, red skin patches with silvery-white scales (the most common type).

Guttate psoriasis: Small, drop-shaped scaling spots often triggered by strep throat.

Inverse psoriasis: Smooth, red patches in skin folds like the armpits or groin.

Pustular psoriasis: Blisters filled with pus surrounded by red skin.

Erythrodermic psoriasis: A rare, intense peeling rash covering most of the body.

Psoriasis is not contagious, and with proper care many people manage symptoms well.

Source: Mayo Clinic

Lunch & Learn



Join Kathey Avery on the third and fourth

Wednesdays of the month from 12-1 p.m. at the Linwood Crump Shiloh Community Center, 121 Shiloh Road in Asheville. The community nurse will address "Hot Topics" and provide education and knowledge to help keep you healthy. All are welcome!