



# San Diego Immunization Coalition Monthly Update

## February 15, 2017

www.sdizcoalition.org

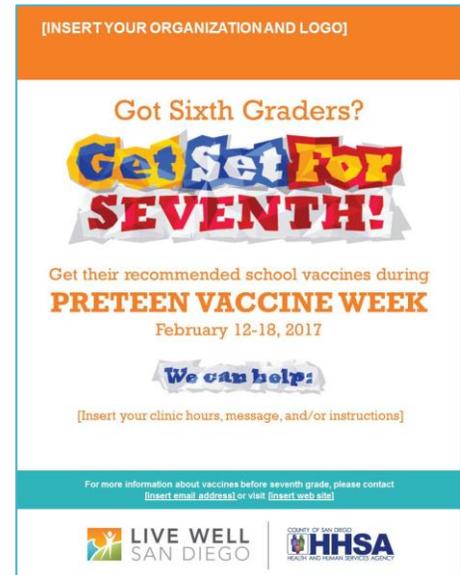
### COALITION NOTES

- **It's Preteen Vaccine Week, and preteens need to Get Set For 7<sup>th</sup>!**

Adolescents need proof of immunization with whooping cough vaccine in order to start 7<sup>th</sup> grade. And they also need other vaccines to protect them against additional diseases like HPV, meningococcal and tetanus.

**Get Set For 7<sup>th</sup>** is our local slogan to celebrate Preteen Vaccine Week (Feb. 12-18), a statewide observation to drive home the message of how important vaccines are in protecting the health of adolescents. The County Immunization Program is urging parents to make sure their preteens are immunized against vaccine-preventable diseases.

The Immunization Program has sent out materials (including sample Facebook posts, Tweets and email signature lines) and information to help promote preteen immunization to partners and other interested persons and organizations. The information includes suggested activities for local health care providers to encourage and promote adolescent vaccination during that week.



For more **Preteen Vaccine Week** information and resources, please visit our web page at: <http://www.sdiz.org/Community/Features/PVW-2017.html>

- **Don't Miss the Third Annual SDIC Spring Summit, Wednesday, Mar. 29 from 9 am to 2 pm!** The free Summit will focus on Adult Immunizations and will feature Dr. Carolyn Bridges, Director of Adult and Influenza Immunizations at the Centers for Disease Control and Prevention as the Keynote Speaker. Presenters include:

- **Dr. Mark Sawyer** of UCSD, past voting member of the CDC's Advisory Committee on Immunization Practices (ACIP) and Executive Director of the San Diego Immunization Program
- **Dr. Eric McDonald**, Medical Director of the Epidemiology and Immunization Services Branch
- **Representatives** from California Department of Public Health

Come and learn about increasing adult immunization rates, review the new 2017 immunization recommendations from the CDC and hear about recent local outbreaks of vaccine-preventable diseases. You'll also have the opportunity to network with colleagues, new and old. For more

information and to register, please visit: <https://www.eventbrite.com/e/sdic-2017-spring-summit-registration-31837468726>. Space is limited, so don't wait; register by Feb. 24<sup>th</sup>. [Please click on this link for an informational flyer.](#)

Mark your calendars and see you there!

- **It's February. Flu cases and deaths have increased. It's still not too late to get a flu shot!**

Flu cases and deaths in the County have increased and if you haven't had a flu shot yet, there's still time to get one. ([Click here to view and download the weekly Influenza Watch local flu surveillance activity summary.](#))

There's plenty of time and opportunity left to be exposed to the flu. Flu season often peaks in January or February and lasts through Spring each year.

Never had the flu? Great! Help keep it that way with flu vaccine. Remember that anyone, no matter how healthy, can catch the flu, and get very sick—and miss work, school and time with family and friends. Some get sick enough to be hospitalized. Even those with a mild case of flu can still spread it to other people, like family, friends and co-workers. (People with flu are contagious even before they develop symptoms.)

Everyone 6 months of age and older should get this important protection.

The vaccine is available at doctors' offices, medical clinics, retail pharmacies, Community Clinics, Public Health Centers and other locations. Here are links to more flu information:

- For a list of some of the places where you can get flu vaccine please visit: [County Immunization Program web site's Flu Clinics page.](#)
- For general information about the flu, flu vaccine and flu season, visit our [Influenza Season 2016-17 web page.](#)

**This can't be repeated often enough: Get flu vaccine!**

- **Flu Shot Myths Can be Hazardous to Your Health**

Flu shot myths may keep some people from getting protected. Don't let these myths make you more vulnerable to the flu. Check out our [Flu Shot Myths Page](#) for more information.

- **Tips to Protect Your Health in 2017**

Want to learn more about how you can help avoid getting sick with the flu, colds and other respiratory diseases (and not spread illness to others)? Read on:

- Cover your coughs and sneezes. Use a tissue or your arm.
- Wash your hands often, with plenty of soap and warm water.
- Stay away from sick people whenever possible.
- Stay home when you're sick.
- Get enough rest, exercise regularly and eat a healthy diet.



By the way, you can help protect your health all year, not just during flu season, with these tips.

## HEALTH CARE PROVIDER NEWS

- **Staff Training Opportunity: Upcoming Immunization Skills Institutes**

Patients and parents expect the person on the other end of the needle to be competent and caring. This innovative and practical course will train medical assistants on safe, effective, caring immunization techniques. Topics of this training include: Best Immunization Practices, Patient Comfort and Education, Immunization Documentation, and much more. For more information and to register, please visit: <https://www.eventbrite.com/e/sdip-immunization-skills-institute-feb-and-may-2017-tickets-31171440618>. And [click here for an informational flyer](#).

- **“New ACIP Adult Immunization Schedule recommends major changes to flu, HPV and meningococcal vaccines”**

From the Medical Xpress online site: “The Advisory Committee on Immunization Practices (ACIP) released its 2017 Recommended Immunization Schedule for adults with major changes to the influenza, human papillomavirus (HPV), and meningococcal (MenB) vaccines. This year's schedule includes a colorful cover page with references, resources, approved acronyms, and instructions for specific patient populations. The schedule is published in Annals of Internal Medicine.” [Read more here](#).

## RESEARCH NEWS

- **Report: "Too few U.S. teens getting flu and cancer vaccines**

According to a story from the Reuters news agency, "Less than half of U.S. adolescents get vaccinated to protect against seasonal influenza, and even fewer teens receive shots to help prevent cancers of the cervix and throat, new research suggests.

'Immunization rates for teenagers are lower than for younger children who see the doctor more often,' said Dr. Henry Bernstein of Hofstra Northwell School of Medicine in Hempstead, New York. 'Teenagers and their families need to recognize that they should get a physical every year and they should talk about vaccines at every visit,' Bernstein, lead author of two clinical reports on vaccinations published in Pediatrics." [Read the entire story](#).



## COUNTY PHC IMMUNIZATION CLINICS: ELIGIBILITY

- **Eligibility for Immunizations at County Public Health Centers; Important Information**

The following individuals are eligible to receive immunizations at County Public Health Centers:

- Children and adults who do not have health insurance (adults—only certain vaccines available).
- Adults whose health insurance does not include vaccines (only certain vaccines available).

- Persons 0-18 years who are Alaskan Native or American Indian.
- Persons 0-18 years who have Medi-Cal or are Medi-Cal eligible.
- **Persons 6 months and older in need of influenza (flu) vaccine regardless of health coverage.**

Individuals are not eligible for vaccines if their insurance includes vaccinations, even if there are co-pays or deductibles.

## HOW TO CONTRIBUTE TO THE MONTHLY UPDATE

- **Having a Community Event? Tell Us! Don't forget our SDIC Community Event Calendar:** We are always seeking submissions for the Calendar. Help get the word out about your upcoming event. Please [contact us](#) to submit events (at least 2 weeks before the event).
- **If you have other information to share...**We encourage readers to send in information they think is relevant to immunization and its related issues. Perhaps there's an article in a newspaper, magazine or online. Or information received via email, or from another newsletter. Feel free to email the information (along with a citation) to [harrison.bolter@sdcounty.ca.gov](mailto:harrison.bolter@sdcounty.ca.gov). Please note that we may have to edit the information for length or relevance.

Note: This update is normally sent the 15<sup>th</sup> of every month (or the next business day if the 15<sup>th</sup> falls on a weekend or holiday). If you have immunization-related news or information you would like to share with your Coalition partners, please send it via email to Harrison Bolter at [harrison.bolter@sdcounty.ca.gov](mailto:harrison.bolter@sdcounty.ca.gov) no later than the 13<sup>th</sup> of that month. Any information received later than that will be held until the next Update. Thank you!

**County of San Diego Immunization Program**

[www.sdiz.org](http://www.sdiz.org)

*It is not our intention to spam. Please send any unsubscribe requests, as well as corrections or changes to names or email addresses to:*

[harrison.bolter@sdcounty.ca.gov](mailto:harrison.bolter@sdcounty.ca.gov)

