



San Diego Immunization Coalition Monthly Update

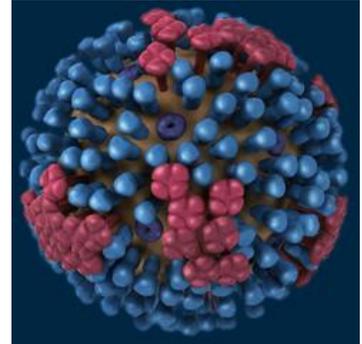
Feb. 15, 2016

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COALITION NOTES

- **Flu Cases in San Diego County are increasing. And it's STILL not too late to get flu vaccine!**

Cases of influenza continue to increase locally (see **INFLUENZA ACTIVITY IN THE COUNTY** below, and this [County News Center story](#)) and in the state. Flu season may not have peaked yet and can last through the spring. The good news is that the current vaccine is well-matched to the circulating flu virus strains. If you haven't yet gotten your flu shot, it's not too late. Flu vaccine is available and offers good protection.



Be Healthy, San Diego! Get flu vaccine.

More information about flu, flu vaccine and flu immunization is available on the [County Immunization Program website](#).

- **It's not too late for Health Care Professionals, either!**

Health Care Providers, please be sure to take care of yourself and your staff as well as your patients—they need you to stay healthy. Flu vaccine can keep you from getting sick and from spreading illness among your patients, staff and family. If you haven't yet received flu vaccine, now's the time to get it. Be Healthy; Get Flu Vaccine!

For more information, please visit the [County Immunization Program Flu Page for Health Care Professionals](#). Your patients can visit [County Immunization Program website](#) for flu information tailored for them.

- **INFLUENZA ACTIVITY IN THE COUNTY**: The County of San Diego Health and Human Services Agency's Epidemiology and Immunization Services Branch (EISB), works with the local medical community to summarize influenza activity here in our county. The weekly summary, called Influenza Watch, is available [here](#) or by clicking on the title link above.
- **Not a flu shot myth, but a commonly-used excuse for not getting a flu shot**
In each Update, we've been featuring common myths about the flu shot, and why they're wrong. For our last installment in this series, we'll address not a myth, but an excuse for not getting a flu shot.

I don't like needles.

Here's Florencia Sisterson, a nurse with County HHSA, talking about this excuse(see the County's [Flu Myth web page](#) for more):

"Well, I don't particularly like them (needles), either. And I can't say I've ever met anyone who does. But sometimes it's smart to accept a little bit of discomfort to help protect your health and

avoid a whole lot of discomfort later.

A flu shot might hurt a bit for a very short time, but that is nothing compared to the way you feel when you have the flu. You can be miserable for days or weeks. And you can miss work, school, other activities and time with family and friends. Do you really want to go through all of that just to skip the flu shot?.

So, don't let your dislike of needles keep you from protecting yourself, and those around you, from the flu. As an aunt, I want to make sure my nephew is protected against flu, and the vaccine is the best way to do that. Get flu vaccine."

We hope you've enjoyed this feature and found it helpful in dealing with common flu shot myths. For more information on flu myths and why they're wrong, visit the County's [Flu Myth page](#). And there's more information about flu and flu vaccine at the [County Immunization Program website](#) for more flu information. Be Healthy, San Diego—Get Flu Vaccine!

- **The Next SDIC General Meeting is scheduled for Wednesday, April 6th**
The next SDIC General Meeting is scheduled for Wednesday, April 6. Starting time is the same, 12:30 pm, but location is still being determined.

HEALTH CARE PROVIDER NEWS

- **Story: "Uptake of free vaccinations in US varies depending on ethnicity and income, says study"**
According to an article on the *Medical Xpress* website, "The uptake of free vaccines for children in the United States varied significantly depending on the relative income of different ethnic and racial groups, according to research by academics from City University London and National University of Ireland, Galway. The study, which is published in the February issue of the journal *Health Affairs*, found that the introduction of the US Government-funded Vaccines for Children (VFC) intervention significantly improved the number of black and Hispanic children vaccinated relative to white children. It also found that when it came to vaccinations among black families the income-related disparity between poor and rich families increased with vaccination rates rising more for high income families, while for Hispanics the discrepancy between the two decreased." Read the full article [here](#).
- **CDC Releases 2016 Recommended Immunization Schedules**
The CDC has published the 2016 Recommended Immunization Schedules on its website, in "easy-to-read" format for the general public and the standard format for health care professionals. Visit <http://www.cdc.gov/vaccines/schedules/index.html> for links to the schedules and more information.



RESEARCH NEWS

- **Story: “Routine Adolescent Tdap Vaccination Not Good Enough”**

According to a story on the Medscape website, "routine tetanus toxoid, reduced diphtheria toxoid, and acellular pertussis (Tdap) vaccine does not prevent pertussis outbreaks, suggests a new study published online February 5 in *Pediatrics*. 'Among adolescents who have only received [diphtheria-tetanus-acellular pertussis (DTaP)] vaccines in childhood, Tdap provided moderate protection against pertussis during the first year and then waned rapidly so that little protection remained 2-3 years after vaccination,' write Nicole P. Klein, MD, PhD, and colleagues from the Northern California Kaiser Permanente (KPNC) Vaccine Study Center in Oakland. The investigators were able to evaluate the effectiveness of Tdap during two successive epidemics. The study was not designed, however, to compare the two brands of Tdap vaccine used in the population... In other words, the investigators found that adolescents who receive only the acellular pertussis vaccines continue to contract pertussis, and are thus capable of sustaining an epidemic. The results are consistent with prior observations. 'We and others have previously shown that the effectiveness of DTaP vaccines wanes substantially, even among fully vaccinated children,' the authors write in their discussion." Read the full story [here](#).



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 use [this form](#) 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. Please note that we may have to edit the information for length or relevance.

Note: This update will be sent the 15th of every month (or the next business day if the 15th 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 no later than the 13th of that month. Any information received later than that will be held until the next Update. Thank you!

County of San Diego Immunization Program

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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



**LIVE WELL
SAN DIEGO**