



San Diego Immunization Coalition Monthly Update January 15, 2017

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COALITION NOTES

- **Preteens Need To Get Set For 7th!**

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

Get Set For 7th 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 will be sending 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 will include suggested activities for local health care providers to encourage and promote adolescent vaccination during that week.

- **The message remains: It's still not too late to get a flu shot**

If you haven't had a flu shot yet, start the new year on a healthy note. There's still time to get flu vaccine.

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. Recent reports indicate that local, flu activity has increased over the past few weeks.



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](#).

Gift yourself the gift of health to start 2017. 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 avoid spreading 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.

- **Reminder: the next SDIC General Meeting is scheduled for Wednesday, Feb. 1st.**

The next SDIC General Meeting will be held on Wednesday, Feb. 1st. Starting time is the same, 12:30 pm, and it will be held in the San Diego Room at the HHS Rosecrans Health Services Complex (3851 Rosecrans St., San Diego). Mark your calendars and see you there!

HEALTH CARE PROVIDER NEWS

- **“CDC Recommends Use of 2-Dose Schedule for HPV vaccination”**

According to a report published in the CDC's Morbidity and Mortality Weekly Report on Dec. 16, 2016: "Vaccination against human papillomavirus (HPV) is recommended to prevent HPV infections and HPV-associated diseases, including cancers. Routine vaccination at age 11 or 12 years has been recommended by the Advisory Committee on Immunization Practices (ACIP) since 2006 for females and since 2011 for males... This report provides recommendations and guidance regarding use of HPV vaccines and updates ACIP HPV vaccination recommendations previously published in 2014 and 2015... This report includes new recommendations for use of a 2-dose schedule for girls and boys who initiate the vaccination series at ages 9 through 14 years. Three doses remain recommended for persons who initiate the vaccination series at ages 15 through 26 years and for immunocompromised persons." Read the entire report [online](#).

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 is normally 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

