



San Diego Immunization Coalition Monthly Update

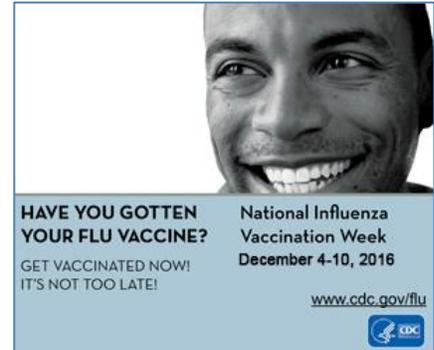
November 15, 2016

www.sdizcoalition.org

COALITION NOTES

- **As flu season continues, National Influenza Vaccination Week reminds us it's not too late to get a flu shot!**

As we all gear up for the holiday season, we want to stay healthy and avoid the flu. And National Influenza Vaccination Week (Dec. 4-10) reminds us that there's still time to get a flu shot.



Flu season lasts through Spring each year. In fact, in June of this year there was a late-season flu-related death here in the County.

Regardless of age or health condition, anyone can catch the flu, and get very sick. Even if it's a mild case, he or she can still spread it to other people, like family, friends and co-workers. (People with flu are contagious even before they develop symptoms.)

Flu vaccine is widely available around the County and everyone 6 months of age and older should get this important protection.

The County is sponsoring a number of free flu shot clinics, and the vaccine is also available at doctors' offices, medical clinics, retail pharmacies, 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 (including some free flu shot clinics), 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](#).

Give gifts, not flu, this holiday season. Get flu vaccine!

- **Don't Fall for Flu Shot Myths**

Flu shot myths (like the one claiming the shot can give you the flu—which it can't) may keep some people from getting protected. Don't let these myths prevent you, your family, friends or coworkers from getting flu vaccine. Check out our [Flu Shot Myths Page](#) for more information.

- **Protect Your Health With These Tips**

Besides getting vaccinated (and you are planning to get the flu shot if you haven't already, of course), there are some other things you can do to help avoid getting sick with the flu, colds and other respiratory diseases (and avoid spreading illness to others):

- 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.

These tips are helpful in protecting your health all year, not just during flu season.

- **Reminder: the next SDIC General Meeting is scheduled for Wednesday, Dec. 7th.**
The next SDIC General Meeting will be held on Wednesday, Dec. 7th. 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

- **“ACIP Votes to Recommend 2-dose HPV Vaccine Series for Younger Adolescents”**

According to a CDC press release reprinted in the Immunization Action Coalition’s IAC Express newsletter, "The Advisory Committee on Immunization Practices (ACIP) voted...to recommend a 2-dose HPV vaccine schedule for young adolescents. ACIP is a panel of experts that advises the CDC on vaccine recommendations in the United States. CDC Director Frieden approved the committee’s recommendations shortly after the vote. ACIP recommendations approved by the CDC Director become agency guidelines on the date published in the Morbidity and Mortality Weekly Report (MMWR).

CDC and ACIP made this recommendation after a thorough review of studies over several meetings. CDC and ACIP reviewed data from clinical trials showing two doses of HPV vaccine in younger adolescents (aged 9–14 years) produced an immune response similar or higher than the response in young adults (aged 16–26 years) who received three doses.

Generally, preteens receive HPV vaccine at the same time as whooping cough and meningitis vaccines. Two doses of HPV vaccine given at least six months apart at ages 11 and 12 years will provide safe, effective, and long-lasting protection against HPV cancers. Adolescents ages 13–14 are also able to receive HPV vaccination on the new 2-dose schedule.

CDC will provide guidance to parents, healthcare professionals, and insurers on the change in recommendation. On October 7, 2016, the U.S. Food and Drug Administration (FDA) approved adding a 2-dose schedule for 9-valent HPV vaccine (Gardasil® 9) for adolescents ages 9 through 14 years. CDC encourages clinicians to begin implementing the 2-dose schedule in their practice to protect their preteen patients from HPV cancers." Read the press release [here](#).

RESEARCH NEWS

- **"Study: Tdap Vaccine Not Linked to Birth Defects"**

According to a story on the Outbreak News Today website, "A new study from HealthPartners Institute and Centers for Disease Control and Prevention (CDC) showed that Tetanus, Diphtheria and Pertussis (Tdap) vaccination was not associated with an increased risk for microcephaly or other major birth defects. The study was published in the Nov. 1, 2016 issue of the Journal of the American Medical



Association (JAMA). This retrospective study of 324,463 births compared the occurrence of birth defects, including microcephaly, in babies born to women who received Tdap during their pregnancy to those women who did not. The study's results and findings expand upon what is known about maternal Tdap vaccination safety...The researchers found that maternal Tdap was not significantly associated with increased risk for microcephaly for vaccinations occurring at less than 14 weeks' gestation, between 27 and 36 weeks' gestation, or during any week of pregnancy...'The findings support recommendations for routine Tdap administration during pregnancy,' the researchers write." Read the 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 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
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

