



## San Diego Immunization Coalition Monthly Update December 15, 2016

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### COALITION NOTES

- **It bears repeating: It's not too late to get a flu shot!**

We all want to enjoy the upcoming holidays. So, to finish off 2016 on a healthy note, remember that there's still time to get a flu shot if you haven't received one yet.

Flu season often peaks in January or February and lasts through Spring each year. So there's plenty of time left to be exposed to the flu. Why take chances with your health?



Regardless of age or health condition, anyone can catch the flu, and get very sick--sick enough to miss work, school and time with family and friends. Some people even get sick enough to be hospitalized. But even someone with a mild case 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 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](#).

**Spread joy, 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.

- **Be Healthy for the Holidays 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, Feb. 1<sup>st</sup>.**  
The next SDIC General Meeting will be held on Wednesday, Feb. 1<sup>st</sup>. 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

- **“When Doctors Talk To Parents About HPV Vaccine: Make It Brief”**  
According to a story on the NPR website: "A full decade after the Food and Drug Administration approved a vaccine to fight the sexually transmitted, cancer-causing human papillomavirus, almost half of all adolescents have still not received their first dose. This low vaccination rate is dramatic when compared to other routine childhood immunizations like polio and measles, mumps and rubella, where compliance is above 90 percent. In order to boost HPV vaccination, doctors should be more assertive when bringing up the topic with parents, says Noel Brewer, a health and behavior scientist at the University of North Carolina...Brewer wanted to figure out a better way for physicians to communicate the value of the vaccine to parents. So he conducted a study involving 30 North Carolina pediatric and family medicine clinics. The clinics were each divided into three groups of doctors. One group was trained how to make brief statements that assumed parents were ready to have their child vaccinated...It turns out that more talk is less effective: When doctors made brief statements that presumed parents intended to vaccinate their child, vaccine rates increased by 5 percent." Read the NPR story [here](#) and the study abstract [here](#).

## RESEARCH NEWS

- **"Study: Flu vaccine in pregnant women not linked to autism risk in children"**  
According to a story on the AAP website, "Pregnant women who received an influenza vaccine did not put their children at increased risk of autism spectrum disorder (ASD), according to a new study. Researchers from Kaiser Permanente Northern California found there was no significant association between ASD risk and either maternal influenza vaccination or influenza



infection. The findings are detailed in the study "Association Between Influenza Infection and Vaccination During Pregnancy and Risk of Autism Spectrum Disorder" (Zerbo O, et al. JAMA Pediatr. Nov. 28, 2016, <http://jamanetwork.com/journals/jamapediatrics/fullarticle/2587559>). Previous studies have reported mixed results on associations between influenza infection during pregnancy and ASD, and none have looked at maternal vaccination, researchers said. They studied records of 196,929 children from 2000-2010 and found that 3,101 (1.6%) had been diagnosed with ASD. Among mothers, 1,400 (0.7%) had contracted influenza, and 45,231 (23%) received the influenza vaccine during pregnancy. After adjusting for covariates, the team concluded there was no association between maternal influenza infection and ASD risk anytime or when broken down by trimester." 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](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)

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