



# San Diego Immunization Coalition Monthly Update

## June 15, 2016

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

### COALITION NOTES

- **LATE SEASON FLU DEATH A REMINDER TO GET FLU VACCINE**

In the U.S, flu season typically occurs between December and May of each year. However, flu can strike at any time of year, and the late-season flu death of a local man (see [this County News Center story](#)) is a tragic reminder to get flu vaccine, which is recommended annually for everyone 6 months of age and older. Flu vaccine is available at doctors' offices, retail pharmacies and other locations. Those without medical insurance can go to a Community Health Center or Public Health Centers to get vaccinated. Please visit [this page](#) for a list of Public Health Centers offering flu vaccine

Learn about how to protect your health and the health of family, friends and those around you. To learn more about flu, flu vaccine and the flu season, please visit our [Flu Information Page](#).

- **As summer vacation season starts, remember—diseases make lousy souvenirs.**

Summer is here, and vacations are on everyone's mind. But summer is also a great time to catch up on immunizations, both for travel and for school in the fall.



Travelers should note this information about flu from the Centers for Disease Control and Prevention (CDC): "Flu is common throughout the world. The flu season lasts from October through May in the Northern Hemisphere and from April through September in the Southern Hemisphere. In tropical countries, flu can be spread year-round." See the CDC's [Travelers' Health page on influenza](#) for more information.

Zika virus may also be a concern for travelers. The CDC has a [Zika Travel Information web page](#) with helpful information and resources.

Don't let vaccine-preventable diseases ruin your summer—or the start of school this fall. Check with your doctor about what vaccines you and your family may need.

- **Reminder: the Next SDIC General Meeting is scheduled for Wednesday, Aug. 3<sup>rd</sup>.**

The next SDIC General Meeting will be held on Wednesday, Aug 3. 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 we'll see you there!

### HEALTH CARE PROVIDER NEWS

- **Study: New Vaccine May Offer Better Way To Prevent Pneumonia**" Healio  
According to a study reported on the online site *Futurity*, "Current vaccines

target only a small percentage of the more than 90 strains of the bacteria that cause pneumonia. But researchers say a new protein-based vaccine can defend against many more strains-and that it's 100 percent effective at promoting the appropriate immune response. Computer simulations indicate the vaccine would be effective against all strains of pneumococcus, but additional tests are needed to confirm that. The vaccine offers what could be the most direct and broad response to preventing pneumonia-the leading cause of death of children under the age of 5 worldwide, according to the World Health Organization-as well as meningitis, sepsis, and other serious infections caused by pneumococcus. 'These are very serious illnesses that we haven't been able to completely suppress. The vaccine we're developing could finally get that job done,' says Blaine A. Pfeifer, an associate professor of chemical and biological engineering at the University at Buffalo School of Engineering and Applied Sciences." [Read the report on the Futurity website.](#) *(When visiting the site, note that the report begins part way down the web page, so it may be necessary to scroll down the page to read it.)*

## RESEARCH NEWS

- **"Putting the brakes on cell's 'engine' could give flu, other vaccines a boost"**

According to a study reported in the Science Daily website, A relatively unknown molecule that regulates metabolism could be the key to boosting an individual's immunity to the flu -- and potentially other viruses -- according to research reported today in the journal Immunity. The study, led by University of Vermont (UVM) College of Medicine doctoral student Devin

Champagne and Mercedes Rincon, Ph.D., a professor of medicine and an immunobiologist, discovered that a protein called methylation controlled J -- or MCJ -- can be altered to boost the immune system's response to the flu... Champagne and Rincon concluded that with normal MCJ levels, CD8 cells are not as efficient in fighting virus because their mitochondrial metabolism is not strong enough, so the removal of MCJ (the 'mitochondrial brake') can improve the CD8 cells protection capability -- and thus the efficacy of a vaccine. 'Nothing has been shown to do what this protein does,' says Rincon. 'Suppressing MCJ will enhance your immune response and protection from an influenza virus and, most likely, protection from other threatening viruses.'" [Read the report on the Science Daily website.](#)

- **"Study finds decrease in Google searches for chickenpox after vaccination implementation"**

According to a study reported in the News-Medical website, "countries that implement government-mandated vaccinations for chickenpox see a sharp drop in the number of Google searches for the common childhood disease afterward, demonstrating that immunization significantly reduces seasonal outbreaks. That's one of the findings from a new University of Michigan-led study that analyzed thousands of Google searches for 'chickenpox.' The researchers downloaded and analyzed freely available Google Trends data from 36 countries on five continents, covering an 11-year period starting in 2004. The technique is sometimes called digital epidemiology and has previously been used to identify outbreaks of diseases like influenza, rotavirus and norovirus. But the chickenpox study is the first to use digital epidemiology to show the effectiveness of a vaccine, said Kevin Bakker, a doctoral student in the U-M Department of Ecology and Evolutionary Biology... The study is one of the most comprehensive digital epidemiology efforts to date, Bakker said. Examining data from several

dozen countries enabled the researchers to identify the seasonality of chickenpox outbreaks, which occurred in the springtime worldwide, he said." [Read the story on the News-Medical website.](#)

## 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 will be 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**

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