COALITION NOTES

- **Season's First Flu-Related Death in County Reminds Us of Importance of Flu Vaccine**

  The death earlier this month of a 73-year-old woman from complications due to influenza here in the County (see the County News Center story) is a sad reminder of how important it is to get flu vaccine. This is one of the earliest deaths from seasonal influenza ever reported in the County, according to local health officials.

  It's not just seniors who are at high risk of complications from flu. Children, pregnant women and persons with health conditions such as heart or lung problems, diabetes and immune system disorders are more likely to get seriously ill with complications like pneumonia and need hospitalization. Their chances of dying from flu-related complications are higher than other people.

  But 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. 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 this fall, and the vaccine is also available at doctors' offices, medical clinics, retail pharmacies, Public Health Centers and other locations. Below are links to helpful 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.

- **Tips To Help Avoid Getting Sick**

  Besides getting vaccinated, 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.

- **Immunization Skills Institute for Medical Assistants Coming on Oct. 28!**
  This innovative and practical course, to be held on Friday, Oct. 28 from 1-5 pm at 3851 Rosecrans Street in San Diego, will train medical assistants on safe, effective and caring immunization techniques. Topics will include Best Immunization Practices, Vaccine Storage and Handling, Patient Comfort and Education, and much more. Registration is required and space is limited, so register now! For more information and to register, please click here.

- **Reminder: the Next SDIC General Meeting is scheduled for Wednesday, Dec. 7th.**
  The next SDIC General Meeting will be held on Wednesday, Oct. 5. Starting time is the same, 12:30 pm, and it will be held in the San Diego Room at the HHSA Rosecrans Health Services Complex (3851 Rosecrans St., San Diego). Mark your calendars and we'll see you there!

HEALTH CARE PROVIDER NEWS

- **"Flu Shot 2016 Update: High-Dose Influenza Vaccine Provides Better Outcomes Than Standard Shot"**
  According to a report on the Medical Daily website, " The stronger the flu shot, the better off our seniors' health - and our wallets - will be, suggests new research published in Human Vaccines & Immunotherapeutics. Researchers reexamined data from an earlier randomized clinical trial of 32,000 participants over the age of 65 given either a regular or high-dose inactivated influenza vaccine (IIV-HD). The original study involved patients in both the United States and Canada, but the researchers specifically calculated any potential health savings between the two groups in Canadian dollars. All told, they found IIV-HD patients incurred $47 ($35 USD) less in direct health costs and $60 ($45 USD) in societal costs per person throughout the flu season than did patients given the standard shot, even accounting for the vaccine's likely increased price. The authors noted that the 'majority of the savings generated by IIV-HD were driven by reductions in cardiorespiratory hospitalizations plausibly related to influenza." Read the story here.

RESEARCH NEWS

- **"Adults Not Getting Vaccinated Cost The U.S. $7.1B In 2015"**
  According to a column on the Forbes.com website, " Here's a situation where you may want to behave more like a child. Adult immunization rates are far lower than kids' immunization rates, and a study just published in the journal Health Affairs estimates that in 2015 common vaccine-preventable diseases in adults cost the U.S. $9 billion, with 80% of these costs (or $7.1 billion) from those who did not get vaccinated. For the study, a team of researchers...developed an economic model using various national databases to estimate the medical costs and productivity losses associated with hepatitis A and B, herpes zoster, influenza, measles, mumps, rubella, tetanus, diphtheria, pertussis, varicella, meningococcal disease, pneumococcal disease and human papilloma virus (HPV) infection. The Jeopardy question for this group of diseases would be: What are 14 things that you would not like to get? ...How can these diseases cost $9 billion in a year...or perhaps even more?" 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!