



WINTER
2023

ISSUE NO.
1

WRAPPING UP THE YEAR WITH SDIC

Happy Holidays from the San Diego Immunization Coalition!

WORDS FROM OUR CO-CHAIRS: A RECAP OF 2023

We have had the opportunity to watch the San Diego Immunization Coalition (SDIC) grow in both its size and offerings over the past two decades. This year we were proud to serve as Co-Chairs and participate in many events from vaccine update webinars to our first SDIC Steering Committee retreat.

One event that stands out was the change from the annual Kick the Flu Summit to include other respiratory illness: COVID-19 and RSV. The shift to encompass other respiratory illnesses is a testament to SDIC's adaptability and dedication to addressing pressing health concerns in the community. This inclusive approach allows SDIC to have a more comprehensive impact and better serve the needs of San Diego County and its residents.

We look forward to more impactful events and initiatives in the years to come.
- Greta Suydam and Heidi DeGuzman



SDIC Co-Chairs Left to Right: Greta Suydam, Heidi DeGuzman

“The shift to encompass other respiratory illnesses is a testament to SDIC's adaptability and dedication to addressing pressing health concerns in the community.”



MISSION

The mission of SDIC is to increase immunization rates and improve the health of the residents of San Diego County by raising awareness and providing education about vaccine-preventable diseases.

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VACCINE PREVENTABLE DISEASES - POLIOMYELITIS

RACHEL JONAS, BSN, RN, PHN
EMMA KING, BSN, RN, PHN

Poliomyelitis, or polio for short, is a highly infectious disease caused by the poliovirus. Polio is mainly spread via the fecal-oral route, and a person infected with the poliovirus can remain contagious for up to 6 weeks. Most polio infections are asymptomatic or cause mild respiratory symptoms, but polio can also cause meningitis, permanent paralysis, or death. Polio has been eliminated in the U.S. since 1979 and is nearly eradicated worldwide due to widespread vaccination efforts.

In 2022 in New York, a confirmed case of paralytic polio was identified in an unvaccinated, previously healthy, young adult. Genetic sequencing revealed this infection was caused by a vaccine-related strain (Sabin strain), which is indicative of a transmission chain from an individual who had received the oral polio vaccine (OPV) in another country. OPV contains the live virus and therefore presents a very rare risk of causing polio infection in OPV recipients and their close contacts in the weeks following vaccine administration.

POLIO VACCINATION

- 4 dose series – typically given at 2 months, 4 months, 6-18 months, and 4-6 years of age.
- CDC now recommends all adults 18 years and older who have not been vaccinated receive the primary polio vaccine series.
- Inactivated polio vaccine (IPV) is the only current polio vaccine offered in the United States and can be administered intramuscularly or subcutaneously.
- IPV is available as a single antigen vaccine or combination vaccine which can protect against other diseases including hepatitis B, diphtheria, tetanus, Haemophilus influenzae type b, and pertussis.
- Oral polio vaccine (OPV) is still used in most parts of the world as it is easier to store, administer, and is five times cheaper than IPV.
- Both OPV and IPV are crucial for the eradication of polio.



SDIC MEMBER SPOTLIGHT



My name is Kirstie Perrotta and I have been a member of the SDIC steering committee since 2020. I currently work as a Teratogen Information Specialist with the MotherToBaby program where I have the opportunity to counsel people who are pregnant and breastfeeding about a variety of exposures, including medications, supplements, and vaccines, during pregnancy and lactation. I also serve on our board as the affiliate liaison and am a co-chair of the Emerging Issues Task Force, which is responsible for keeping up with the latest data and recommendations related to emergent issues such as Zika, monkeypox, and COVID-19. In addition to having an interest in the prevention of infectious diseases during pregnancy I also enjoy the opportunity to counsel women on the risks vs. benefits of using medication during pregnancy to treat mental health conditions such as depression and anxiety. I feel privileged to work in a role that truly makes a difference in the lives of pregnant people and their infants.



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<https://www.linkedin.com/in/kirstieperrotta/>

Check out some of my latest work with MotherToBaby below:

- COVID-19 in Pregnancy Video:
<https://lnkd.in/gifirU6T>
- COVID-19 mRNA Vaccines Fact Sheet:
<https://mothertobaby.org/fact-sheets/covid-19-mrna/>
- COVID-19 Vaccine Hesitancy Paper:
<https://onlinelibrary.wiley.com/doi/full/10.1002/jgc4.1608>
- The Importance of Medication Dose in Pregnancy Blog:
https://momtobaby.org/doseblog_



SNAPSHOT OF 2023 WITH SDIC



Back to the Future
Spring Summit



Kick the Flu + 2
Fall Summit



Immunization Skills Institute



University of California,
San Diego Recognition Event



California Immunization
Coalition Summit



SDIC Steering Committee
Retreat



Immunization Skills Institute



SDIC General Meeting

SDIC UPCOMING EVENTS



2023 National Influenza Vaccination Week | December 4-8

National Influenza Vaccination Week (NIVW) is a critical opportunity to remind everyone 6 months and older that there’s still time to protect themselves and their loved ones from flu this flu season by getting their annual flu vaccine if they have not already. [CDC data](#) shows that flu vaccination coverage was lower last season, especially among certain higher risk groups, such as pregnant people and children. When you get a flu vaccine, you reduce your risk of illness, and flu-related hospitalization if you do get sick. This week is meant to remind people that there is still time to benefit from the first and most important action in [preventing flu illness and potentially serious flu complications](#): get a flu vaccine today. Check out [CDC’s NIVW toolkit](#) for more shareable resources and content.



Save the Date! 2024 SDIC General Meeting

Date: Tuesday, January 30, 2024

Time: 12:30 PM - 3:30 PM

Location: Southeastern Live Well Center
5101 Market St.
San Diego, CA 92114

In-Person Registration: <https://tinyurl.com/yc2wk8nc>

Virtual Registration: <https://tinyurl.com/5bph2zje>