

VACCINES FOR CHILDREN



Dallas County
Health and Human Services

SUMMER 2016 - NEWSLETTER

NIAM
August 2016



National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages. NIAM was established to encourage people of all ages to make sure they are up to date on the vaccines recommended for them. Communities have continued to use the month each year to raise awareness about the important role vaccines play in preventing serious, sometimes deadly, diseases.

People of all ages can protect their health with timely vaccination.

Adults (Aug. 1-7)

All adults need Influenza vaccine each year and Tdap or Td.

Other vaccines you may need as an adult are determined by factors such as; age, lifestyle, health conditions, job, international travel and any previous vaccines you have received.

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READY FOR SCHOOL?
*Check those
vaccine records.*

national
IMMUNIZATION
awareness month

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Pregnant women (Aug. 8-14)

If possible, make sure that your immunizations are up to date before becoming pregnant.

CDC has guidelines for the vaccines you need before, during, and after pregnancy. Some vaccines, such as the measles, mumps, rubella (MMR) vaccine, should be given a month or more before pregnancy. You should get some vaccines, like Tdap (to protect against whooping cough), during your pregnancy. Other vaccines, like the flu shot, can be given before or during pregnancy, depending on whether or not it's flu season when you're pregnant. It is safe for a woman to receive vaccines right after giving birth, even while she is breastfeeding. Be sure to discuss each vaccine with your health care professional before getting vaccinated.

Babies and young children (Aug. 15-21)

Before leaving the hospital or birthing center, your baby receives the first of 3 doses of the vaccine that protects against Hepatitis B. Hepatitis B virus can cause chronic swelling of the liver and possible lifelong complications.

By following the recommended schedule and fully immunizing your child on time, you helped protect your child against vaccine preventable diseases.

Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	19-23 months	2-3 years	4-6 years
HepB	HepB				HepB					
		RV	RV	RV						
		DTaP	DTaP	DTaP		DTaP				DTaP
		Hib	Hib	Hib		Hib				
		PCV	PCV	PCV		PCV				
		IPV	IPV			IPV				IPV
								Influenza (Yearly)		
						MMR				MMR
						Varicella				Varicella
						HepA				

Recommended Immunizations for Children from Birth Through 6 Years Old (Year 2016)

Preteens and teens (Aug. 22-28)

Most preteens get their shots in the month of August before school begins. Make an appointment to get your child vaccinated this summer and beat the back-to-school rush!

There are four vaccines recommended for preteens to help protect your children, as well as their friends and family members from serious illness. While your kids should get a flu vaccine every year, the three other preteen vaccines should be given when kids are 11-12 years old.

Boys and girls should get the following vaccines when they are 11 or 12 years old:

➤ HPV vaccine

Human papillomavirus (HPV) vaccines help protect against HPV infections that cause cancer. All boys and girls should finish the HPV vaccine series (three shots) before their 13th birthday.

➤ Quadrivalent meningococcal conjugate vaccine

Quadrivalent meningococcal conjugate vaccine protects against some of the bacteria that can cause infections of the lining of the brain and spinal cord (meningitis) and bloodstream infections (bacteremia or septicemia). These illnesses can be very serious, even fatal.

➤ Tdap vaccine

Tdap vaccine protects against three serious diseases: tetanus, diphtheria, and pertussis (also called whooping cough).

➤ Flu vaccine

Preteens and teens should get a flu vaccine every year by the end of October if possible. It is very important for preteens and teens with chronic health conditions like asthma or diabetes to get the flu shot, but the flu can be serious for even healthy kids.

It is also recommended for Adolescents and young adults age 16 through 23 years old to receive

➤ Serogroup B Meningococcal Vaccine

If you don't have insurance, or if it does not cover vaccines, the Vaccines for Children (VFC) program may be able to help. The Vaccines for Children (VFC) program provides vaccines for children ages 18 years and younger, who are not insured, Medicaid-eligible, or American Indian or Alaska Native.



People waiting outside at Dallas County Health and Human Service building during back-to-school immunization

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Women, Infants and Children Program (WIC)

The Special Supplemental Nutrition Program for Women, Infants and Children — is a health and nutrition program with a successful record of improving the diet of infants, children, and pregnant, postpartum and breast-feeding women who are at risk for nutrition-related illness. The main focus of WIC is educating mothers about proper nutrition for babies and young children.

WIC provides nutrition education, nutritious foods, referrals to health and human services and breastfeeding support. Food benefits are issued for each client. Both fathers and mothers can receive and spend the benefits for their children.

Who is eligible and who can apply?

- Pregnant women
- Women who are breast-feeding a baby under 1 year of age
- Women who have had a baby in the past six months
- Parents, step-parents, guardians, and foster parents of infants and children under the age of 5 can apply for their children.

WIC Nutrition Education

Clients receive individual nutrition counseling and nutrition classes. Many clinics offer classes especially for children. Men who have family members participating in the program are

welcome to attend nutrition classes.

Some of the topics clients can learn about:

- ✳ Eating healthfully during pregnancy for mom and baby
- ✳ Infant and child nutrition — healthy foods for happy children, picky eaters, watching your child's weight, and lots more
- ✳ How to get the most out of their food dollars
- ✳ Valuable parenting skills
- ✳ Stages of child development
- ✳ The importance of childhood immunizations
- ✳ Tips for pregnant teens
- ✳ Common infant problems, such as colic, constipation, and crying

Human papillomavirus (HPV)

Human papillomavirus (HPV) is the most common sexually transmitted infection. Nearly all sexually active men and women will get at least one type of HPV in their lifetime.

79 million Americans are infected

14 million new infections occur each year.

Most people do not know they are infected and may never develop symptoms.

There are more than 150 types of HPV. Two types Type 16 and Type 18 are responsible for most HPV-related cancers:

- Cervical
- Anal Cancer
- Oropharyngeal Cancer
- Vaginal, Vulvar, and Penile Cancers.

Steps to prevention of HPV associated cancers are

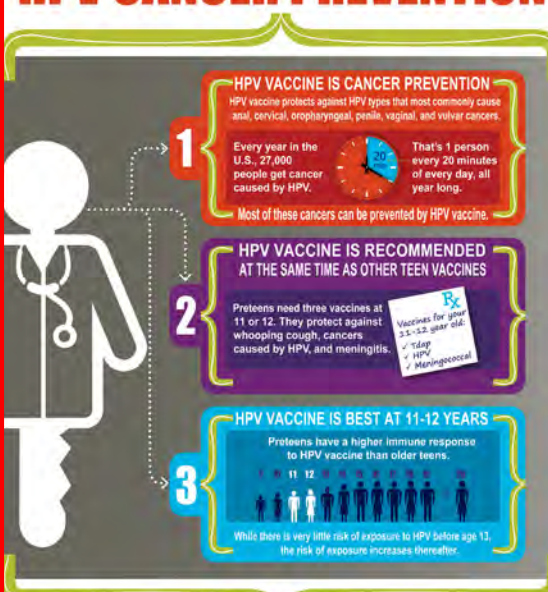
- ✳ Awareness
- ✳ Education
- ✳ Vaccination

In Texas, each year there are about 4,000 HPV associated cancers diagnoses. Cervical cancer is the most common HPV associated cancer among women. Oropharyngeal cancers are the most common HPV associated cancers among men, but occur in women as well.

HPV vaccines are safe and effective

The HPV vaccine is recommended for preteen boys and girls at age 11 or 12 so they are protected before ever being exposed to the virus. HPV vaccine also produces a higher immune response in preteens than in older adolescents. If your teen hasn't gotten the vaccine yet, talk to their doctor about getting it for them as soon as possible.

HPV CANCER PREVENTION



1 HPV VACCINE IS CANCER PREVENTION
HPV vaccine protects against HPV types that most commonly cause anal, cervical, oropharyngeal, penile, vaginal, and vulvar cancers.
Every year in the U.S., 27,000 people get cancer caused by HPV. That's 1 person every 20 minutes of every day, all year long.
Most of these cancers can be prevented by HPV vaccine.

2 HPV VACCINE IS RECOMMENDED AT THE SAME TIME AS OTHER TEEN VACCINES
Preteens need three vaccines at 11 or 12. They protect against whooping cough, cancers caused by HPV, and meningitis.
Vaccines for your 11-12 year old:
✓ Tdap
✓ HPV
✓ Meningococcal

3 HPV VACCINE IS BEST AT 11-12 YEARS
Preteens have a higher immune response to HPV vaccine than older teens.
While there is very little risk of exposure to HPV before age 11, the risk of exposure increases thereafter.

Parents and healthcare professionals are the key to protecting adolescents from HPV cancers.
VACCINATE YOUR 11-12 YEAR OLDS.
www.cdc.gov/vaccines/teens

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DCHHS
Safe families, healthy lives.
Dallas County Health and Human Services

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Flu Reminder

CDC recommends that people get vaccinated against flu soon after vaccine becomes available, if possible by October. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu.



SPREAD FUN! NOT FLU!

Everyone 6 months of age and older should get a flu vaccine every season.

Courtesy: CDC

FIGHT FLU

Join CDC weekly for "Pink Book Wednesdays" from 12:00 pm-1:00 pm EDT, starting June 1, 2016.

Each Wednesday for 15 weeks, CDC experts will discuss a new chapter of The 13th Edition Epidemiology and Prevention of Vaccine-Preventable Diseases. The webinar series will provide an overview of vaccines and the diseases they prevent, general recommendations for vaccines, vaccination principles, and immunization strategies for providers.

Visit <http://www2.cdc.gov/vaccines/ed/epvreg/> to register.

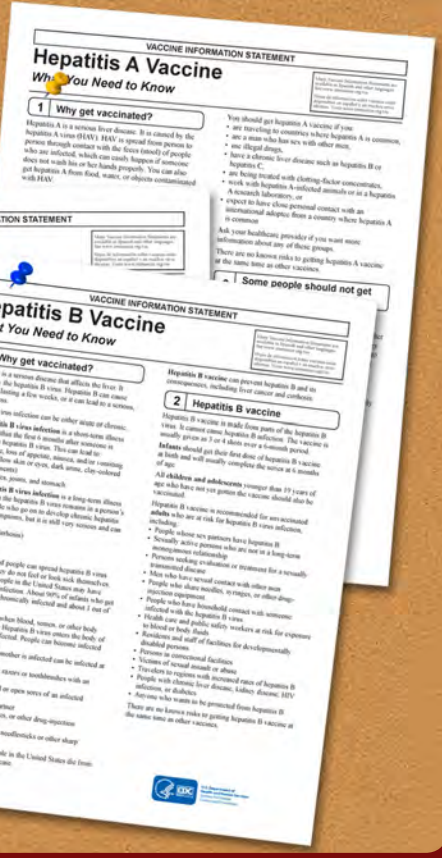


VJS Updates!

Hepatitis A (7/20/16)

Hepatitis B (7/20/16)

Polio (7/20/16)



VACCINES FOR CHILDREN PROGRAM

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