

VACCINES FOR CHILDREN



Dallas County
Health and Human Services

SUMMER 2014 - NEWSLETTER

National Immunization Awareness Month - August



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National Immunization Awareness Month - August

Each year in August, National Immunization Awareness Month (NIAM) provides an opportunity to highlight the value of immunization.

Vaccines are the best defense we have to protect children and adults against many common infectious diseases, and it's important to make sure that you're up to date on all recommended vaccines. Use National Immunization Awareness Month as your chance to make sure that all your vaccinations are current. Talk with your healthcare provider about what vaccines you and your family need, and keep putting your healthiest foot forward!

Immunizations help prevent dangerous and sometimes deadly diseases. To stay protected against serious illnesses like the flu, measles, and polio, adults need to get their shots – just like kids do. National Immunization Awareness Month is a great time to promote vaccines and remind family, friends, and co-workers to stay up to date on their shots.

For information on where to get these vaccines, ask a local health-care provider, contact a regional DSHS Immunization office in your area, inquire at a pharmacy, or ask at your local health department. Most health insurance plans cover recommended vaccines,

but confirm with your insurance provider prior to going to the doctor, or your local health department. August is recognized as

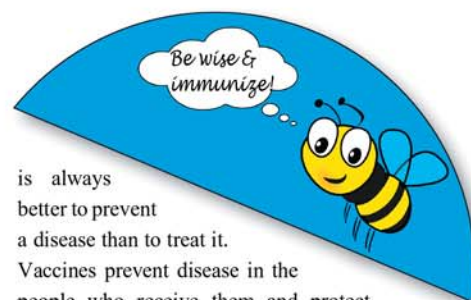


National Immunization Awareness Month (NIAM). The goal of NIAM is to increase awareness about immunizations across the life span, from infants to the elderly. August is the perfect time to remind family, friends, co-workers, and those in the community to catch up on their vaccinations. Parents are enrolling their children in school, students are entering college, and healthcare workers are preparing for the upcoming flu season.

Immunizations are NOT just for kids! Regardless of your age, with adulthood comes responsibility, including the need to protect ourselves and our loved ones. Encourage other adults to check with their doctors for immunizations they may need to help protect against vaccine preventable diseases. Diseases that vaccines prevent can

be dangerous, or even deadly.

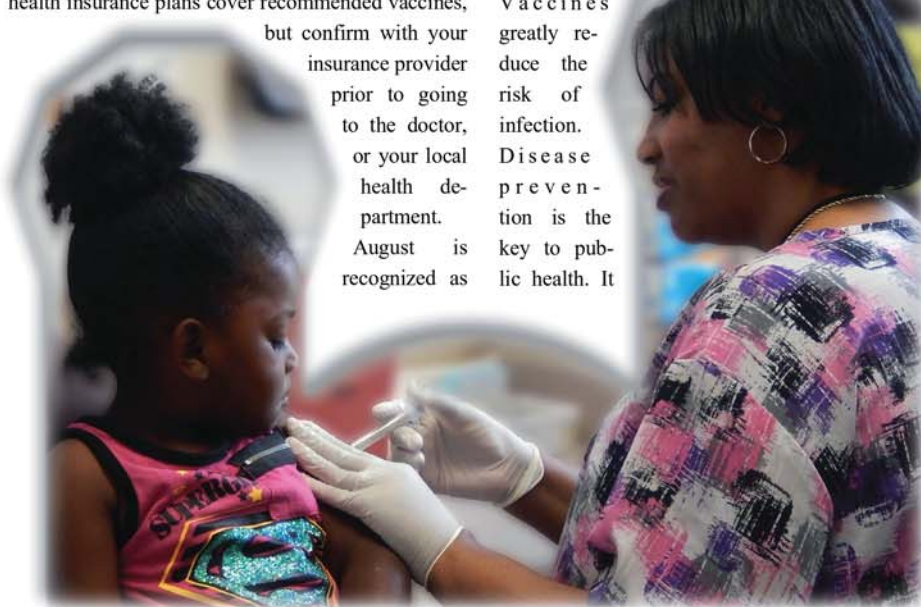
Vaccines greatly reduce the risk of infection. Disease prevention is the key to public health. It



is always better to prevent a disease than to treat it.

Vaccines prevent disease in the people who receive them and protect those who come into contact with unvaccinated individuals. Vaccines help prevent infectious diseases and save lives. Vaccines are responsible for the control of many infectious diseases that were once common in this country, including polio, measles, diphtheria, pertussis (whooping cough), rubella (German measles), mumps, tetanus, and Haemophilus influenzae type b (Hib). Immunizations are an important part of public health, and Texas law requires students in Texas schools/ Child Care Facilities to be immunized against vaccine-preventable diseases.

A good time to get these vaccines is during your child's scheduled check-ups, or a yearly health checkup for teens and preteens. It's a good idea to ask the doctor or nurse every year if there are any vaccines that your child may need.



Common Vaccines for Older Adults

- Seasonal influenza (flu)
- Tetanus, diphtheria and pertussis
- Shingles
- Pneumococcal
- Hepatitis B

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Immunizations for Preteens

Immunizations are just as important for preteens as they are for younger children and infants. Vaccines protect your preteen against serious, potentially life-threatening illnesses by increasing the body's ability to fight infection. Any visit with your doctor or health-care provider is a good opportunity to bring your preteen up to date on recommended immunizations. The HPV, Tdap, meningococcal, and flu vaccines are recommended for all preteens.

Certain types of HPV can cause several different kinds of cancers and is a safe and effective early preventive measure for both boys and girls. HPV is the main cause of cervical cancer in females. According to CDC, there are approximately 12,000

new cervical cancer cases each year in the U.S. and contributes to approximately 4000 deaths in women each year in the U.S. Additionally, genital warts and several cancers in males are linked to HPV.

Girls and boys who are 11 or 12 years old should receive three doses over six months. The CDC recommends the second dose be given one to two months after the first, and the third dose be given six months after the first dose. Parents of preteens and teens who haven't gotten all three HPV vaccines should ask a health-care provider about getting their children vaccinated now. All three doses are essential for preteens to receive the maximum protection.

The specific immunizations you need as an adult are determined by factors such as your age, lifestyle,

high-risk conditions, type and locations of travel, and previous immunizations. Some adults were never vaccinated as children and newer vaccines were not available when some adults were children. Immunity can begin to fade over time, and as we age, we become more susceptible to serious disease caused by common infections such as flu and pneumococcus.



Back-to-school Immunization Schedule 2014-15

A student shall show acceptable evidence of vaccination prior to entry, attendance, or transfer to a child-care facility or public or private elementary or secondary school in Texas

Vaccine Required (Attention to notes and footnotes)	Minimum Number of Doses Required by Grade Level				NOTES
	K – 5 th	6 th	7 th	8 th - 12 th	
Diphtheria/Tetanus/Pertussis (DTaP/DT/DTd/Tdap) ¹	5 doses or 4 doses		3 dose primary series and 1 Tdap/Td booster <i>within last 5 years</i>	3 dose primary series and 1 Tdap/Td booster <i>within last 10 years</i>	For K - 6th grade: 5 doses of diphtheria-tetanus-pertussis vaccine; 1 dose must have been received on or after the 4 th birthday. However, 4 doses meet the requirement if the 4 th dose was received on or after the 4 th birthday. For students aged 7 years and older, 3 doses meet the requirement if 1 dose was received on or after the 4 th birthday. For 7th grade: 1 dose of Tdap is required if at least 5 years have passed since the last dose of tetanus-containing vaccine. For 8th - 12th grade: 1 dose of Tdap is required when 10 years have passed since the last dose of tetanus-containing vaccine. Td is acceptable in place of Tdap if a medical contraindication to pertussis exists.
Polio ¹	4 doses or 3 doses				For K – 12th grade: 4 doses of polio; 1 dose must be received on or after the 4 th birthday. However, 3 doses meet the requirement if the 3 rd dose was received on or after the 4 th birthday.
Measles, Mumps, and Rubella ^{1,2} (MMR)	2 doses of MMR	2 doses of measles and 1 dose each of rubella and mumps vaccine			The 1 st dose of MMR must be received on or after the 1 st birthday. For K – 5th grade: 2 doses of MMR are required. For 6th - 12th grade: 2 doses of a measles-containing vaccine, and 1 dose each of rubella and mumps vaccine is required.
Hepatitis B ²	3 doses				For students aged 11 – 15 years, 2 doses meet the requirement if adult hepatitis B vaccine (Recombivax [®]) was received. Dosage and type of vaccine must be clearly documented. Two (2) 10 mcg/1.0 ml doses of Recombivax [®] . If Recombivax [®] is not the vaccine received, a 3-dose series is required.
Varicella ^{1,2,3}	2 doses	1 dose	2 doses		The 1 st dose of varicella must be received on or after the 1 st birthday. For K – 5th and 7th - 12th grade: 2 doses are required. For 6th grade: 1 dose is required. For any student who receives the 1 st dose on or after 13 years of age, 2 doses are required.
Meningococcal			1 dose		For 7th – 12th grade: 1 dose required.
Hepatitis A ^{1,2}	2 doses				The 1 st dose of hepatitis A must be received on or after the 1 st birthday.

¹ Receipt of the dose up to (and including) 4 days before the birthday will satisfy the school entry immunization requirement.

² Serologic confirmation of immunity to measles, mumps, rubella, hepatitis B, hepatitis A, or varicella or serologic evidence of infection is acceptable in place of vaccine.

³ Previous illness may be documented with a written statement from a physician, school nurse, or the child's parent or guardian containing wording such as: "This is to verify that (name of student) had varicella disease (chickenpox) on or about (date) and does not need varicella vaccine." This written statement will be acceptable in place of any and all varicella vaccine doses required.

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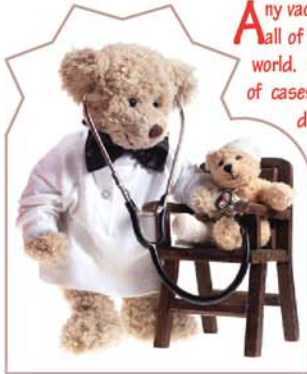


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Who May be in Need of Vaccines

- Getting adolescents vaccinated will also protect their friends and family members.
- Adults should check to see if their immunization schedule is up to date.
- Seniors may need one or more vaccines, even if they were vaccinated as a child or younger adult.



Any vaccine-preventable disease can strike at any time in the U.S. because all of these diseases still circulate either in the U.S. or elsewhere in the world. Sometimes vaccine-preventable diseases cause outbreaks (clusters of cases in a given area). Some of the vaccine-preventable diseases that still circulate in the U.S. include whooping cough, chickenpox, Hib (a cause of meningitis), and influenza. These diseases, as well as the other vaccine-preventable diseases, can range from mild to severe and life-threatening. In most cases, there is no way to know beforehand if a child will get a mild or serious case. For some diseases, one case is enough to cause concern in a community. An example is measles, which is one of the most contagious diseases known. This disease spreads quickly among people who are not immune.

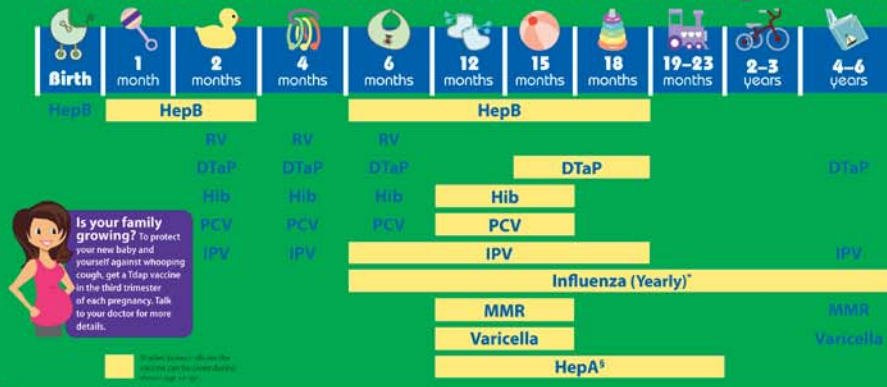


Ask your Provider about the Flu Vaccine!

The Center for Disease Control recommends that people get vaccinated against influenza as soon as 2014-2015 flu season vaccine becomes available in their community.

Flu viruses are thought to spread mainly from person to person through coughing, sneezing, or talking to someone with the flu. Flu viruses may also spread when people touch something with flu virus on it and then touch their mouth, eyes, or nose, and/or through contact of infected animals. Influenza seasons are unpredictable, they can begin early in the fall and last late into the spring. Getting a flu vaccine is the best way to protect yourself and your family.

2014 Recommended Immunizations for Children from Birth Through 6 Years Old



Is your family growing? To protect your new baby and yourself against whooping cough, get a Tdap vaccine in the third trimester of each pregnancy. Talk to your doctor for more details.

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Parts or full contents used within this newsletter were extracted from the publications of the Centers for Disease Control and Prevention and the Texas Department of State Health Services website.



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