

VACCINES FOR CHILDREN



Dallas County
Health and Human Services

SUMMER 2015 - NEWSLETTER

Vaccines give parents the power We all need shots! to protect their children

August is **National Immunization Awareness Month (NIAM)**. The goal of NIAM is to raise awareness about immunizations and provide an opportunity to remind the community of the importance of immunizations across the lifespan, from infants to the elderly. August is an ideal time to make sure everyone is up-to-date on vaccines before heading back to school and to plan ahead for the upcoming flu season. This is a particularly good time to focus community attention on the value of immunization. The viruses and bacteria that cause vaccine-preventable diseases and death still exist and can infect people who are not protected by vaccines. Vaccine-preventable diseases have a costly impact, resulting in doctors' visits, hospitalizations and premature deaths. Sick children can also cause parents to lose time from work. Maintaining high immunization rates protects the entire community by interrupting the transmission of disease-causing bacteria or viruses. This reduces the risk that unimmunized people will be exposed to disease-causing agents. Vaccinating children according to the recommended schedule is one of the best ways to protect them from 14 harmful and potentially deadly diseases before their second birthday. Most parents in the U.S. have never seen the devastating effects of many vaccine preventable

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diseases. It's easy to think of diseases like polio, measles or whooping cough (pertussis) as diseases of the past. But they still exist and are still common in many parts of the world. These diseases can be spread by unvaccinated travelers to unvaccinated populations. Children who don't receive the recommended vaccines are not only at risk of getting the disease or illness, but having a severe case of the disease or illness. You can help protect our littlest community members from being exposed to vaccine-preventable diseases by making sure vaccinations remain up to date. Parents should take advantage of any visit to the doctor – checkups, sick visits, even physicals for sports or college – to ask the doctor about what vaccinations their child needs.

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ACIP recommends three adolescent vaccines for boys and girls aged 11-12 yrs Tdap, Meningococcal Vaccine, and HPV Vaccine. In Texas, while immunization coverage levels for Tdap and MCV4 vaccine has significantly increased, HPV coverage has not. Despite the effectiveness and safety of HPV vaccine, less than one third of teens in Texas are fully vaccinated against HPV-associated cancers and disease. The CDC has found that healthcare provider recommendation is the single best predictor of vaccination. **9-valent HPV (9vHPV, Gardasil 9)** has been recommended for use as one of three HPV vaccines that can be used for routine vaccination.

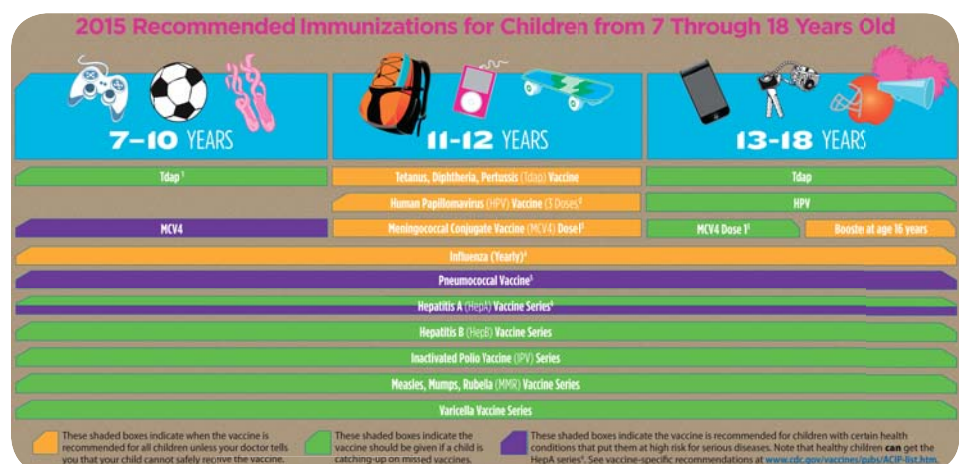
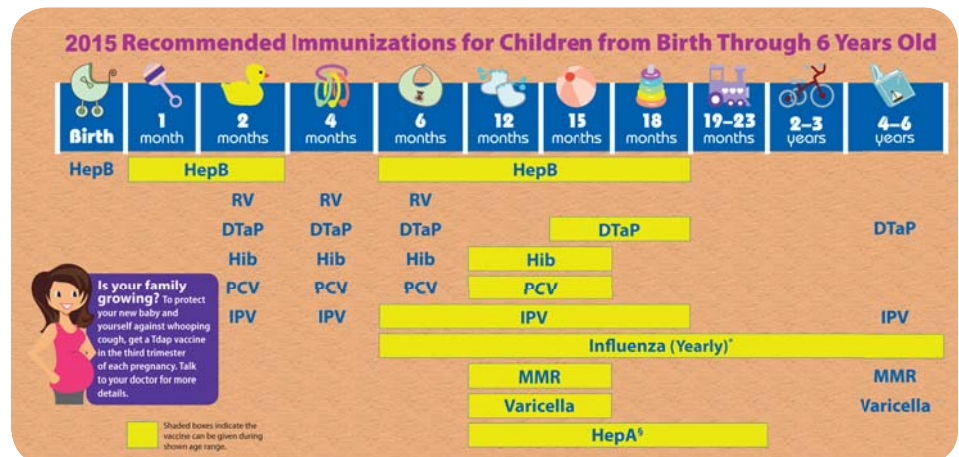
See <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6411a3.htm> for further 9-valent HPV recommendations.

Strategies to help strengthen HPV recommendation:

- Recommend the HPV vaccine in the same way and during the same visit as the other adolescent vaccines.
- Use the "HPV vaccine as cancer prevention" message, most parents identify cancer prevention as important in their decision to vaccinate their children.
- Emphasize the importance of the HPV vaccine.
- Remind parents that the HPV vaccine is safe and effective. Address questions directly and confidently.

Low HPV vaccination rates in Texas are leaving another generation of boys and girls vulnerable to HPV-associated cancers.

Visit www.cdc.gov/vaccines/YouAretheKey for additional tools and resources.



Everyone age 6 months and older should have a flu shot every year. Flu vaccine protects against flu and the other health problems flu can cause, like dehydration (loss of body fluids), which can make asthma or diabetes worse, or even pneumonia. Children should get the flu vaccine every year as soon as it's available, usually in the fall. It is very important for children with chronic health conditions like asthma or diabetes to get the flu shot, but the flu can be serious for even healthy children.

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Vaccines are not just for children

IMMUNIZATIONS ARE NEEDED THROUGHOUT LIFE TO STAY HEALTHY

Getting ready for college or your future career means you should include reviewing vaccine history and receiving any needed vaccines. Because some diseases can spread quickly in settings like college dorms and classrooms, many colleges and universities have vaccination requirements for school entry. Every adult should get the Tdap vaccine once if they did not receive it as an adolescent, to protect against pertussis (whooping cough), tetanus, and diphtheria, and then a Td (tetanus, diphtheria) booster every 10 years. Even healthy adults can become seriously ill, and can pass certain illnesses on to others. Immunization is especially important for adults 60 years of age and older, and for those who have a chronic condition such as asthma, COPD, diabetes or heart disease. Immunization is also important for anyone who is in close contact with the very young, the very old, people with weakened immune systems, and those who cannot be vaccinated.



Mumps



Mumps is a contagious disease caused by a virus. The most common symptoms include: Fever Headache Muscle aches Tiredness Loss of appetite Swollen and tender salivary glands under the ears on one or both sides (parotitis).

Symptoms typically appear 16-18 days after infection, but this period can range from 12-25 days after infection. Some people who get mumps have very mild or no symptoms, and often they do not know they have the disease. Most people with mumps recover completely in a few weeks.

Mumps is spread by droplets of saliva or mucus from the mouth, nose, or throat of an infected person, usually when the person coughs, sneezes or talks. Items used by an infected person, such as cups or soft drink cans, can also be contaminated with the virus, which may spread to others if those items are shared.

The most common preventative measure against mumps is vaccination. There is no treatment for mumps other than treating the symptoms. Anyone who is not immune from either previous mumps infection or from vaccination can get mumps. The mumps vaccine is part of the MMR (measles mumps rubella) vaccine and it is currently recommended for children to receive it at 1 and 4-6 years of age.

Measles



It isn't just a little rash. Measles can be dangerous, especially for babies and young children. The measles virus will infect anyone who is not protected. The measles virus lives in the nose and throat mucus of an infected person. It can spread to others through coughing and sneezing. Also, measles virus can live for up to two hours in an airspace where the infected person coughed or sneezed. If other people breathe the contaminated air or touch the infected surface, then touch their eyes, noses, or mouths, they can become infected. Measles is so contagious that if one person has it, 90% of the people close to that person who are not

immune will also become infected.

Infected people can spread measles to others from four days before through four days after the rash appears. Measles can be a serious illness in all age groups. However, children younger than 5 years of age and adults older than 20 years of age are more likely to suffer from measles complications.

A typical case of measles begins with mild to moderate fever, cough, runny nose, red eyes, and sore throat. Two or three days after symptoms begin, tiny white spots (Koplik's spots) may appear inside the mouth. Three to five days after the start of symptoms, a red or reddish-brown rash appears. The rash usually begins on a person's face at the hairline and spreads downward to the neck, trunk, arms, legs, and feet. When the rash appears, a person's fever may spike to more than 104 degrees Fahrenheit. Common measles complications include ear infections and diarrhea. The best protection against measles is measles-mumps-rubella (MMR) vaccine. CDC recommends routine childhood immunization for MMR vaccine starting with the first dose at 12 through 15 months of age, and the second dose at 4 through 6 years of age or at least 28 days following the first dose.

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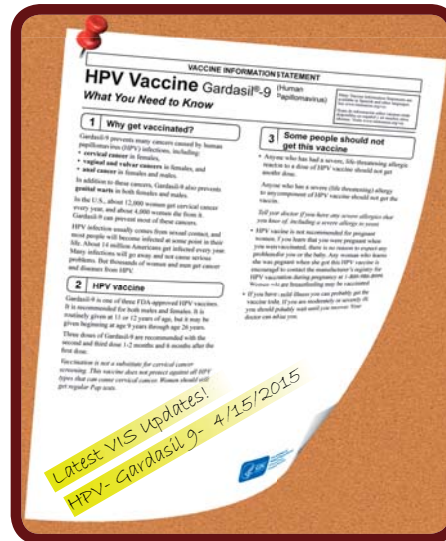


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Reminders

- Minimum and maximum (MIN/MAX) temperatures be read and documented at the beginning of each workday. (It is important that the MIN/MAX temperature recordings be cleared after each daily reading.)
- Temperatures must be recorded on TVFC-provided temperature logs. These can be obtained at <http://www.dshs.state.tx.us/immunize/tvfc/ProviderResources.shtm>
- The transfer of vaccine between TVFC clinic sites may only be conducted for the following reasons: overstock of vaccine, short dated vaccine, withdrawal of a provider from the TVFC Program, replenishing another clinic's inventory, or an emergency situation.
- TVFC providers are required to submit a Transfer Authorization Form (EC-67) to the DSHS HSR and receive pre-approval prior to conducting vaccine transfers. Refer to <http://www.dshs.state.tx.us/immunize/tvfc/ProviderResources.shtm> for further details.
- EVI updates and monthly temperature logs are due by the 5th of each month



National Immunization Survey

Please send us your NIS for research prior to returning the survey to CDC.



Back-to-School

Texas state law requires students attending school to be immunized against certain vaccine preventable diseases.

Providers please encourage and remind parents about the need for back-to-school immunizations. Remember, students cannot go to school without the appropriate documentation for the required vaccines or a valid medical or conscientious exemption.

Thermometer

It is the responsibility of the provider to ensure they have a thermometer accompanied by a current certificate of calibration in each refrigerator and freezer that stores TVFC vaccine. A valid certificate of calibration matching the serial number of the thermometer in use is to be posted on the refrigerator.

All TVFC enrolled providers are required to have at least one back-up thermometer with a current certificate of calibration on hand (not stored in unit alongside current thermometer) for use when a thermometer in a storage unit unexpectedly stops working or when the thermometer needs to be sent for re-calibration.

VACCINES FOR CHILDREN PROGRAM

VFC Clinic Supervisor
Sabrina Moats, BSN, RN
(214) 819-2031

VFC Team Lead
Callie Williams, LVN
(972) 692-2701

Data Analyst II
Sunesh Chakravelil, MCA
(214) 819-2804

VFC Community Representative
Dawn Walker, LVN
(214) 819-2018
Corey Woods
(214) 819-2037
David Hawkins
(214) 819-1925

ImmTrac Outreach Specialists
Charles Williams, Lead Specialist
(214) 819-2847
Juliette McCall
(214) 819-2049
Irma Medrano
(214) 819-2852

Vaccine Clerks
Nardos Naffe
(214) 819-2166
Miguel Mendoza Jr
(214) 819-2124

TMF Follow-up Personnel
Jean Wilson
(214) 819-1926

Receptionist
Mireya Medrano
(214) 819-1903

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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Dallas County Health and Human Services
2377 N Stemmons Freeway, Dallas, TX 75207-2710
(214) 819-2000

Zachary Thompson, M.A.
Director

Christopher Perkins, D.O., M.P.H.
Medical Director / Health Authority