

VACCINES FOR CHILDREN



Dallas County
Health and Human Services

WINTER 2011 - NEWS LETTER



National Influenza Vaccination Week (NIVW) is a national observance that was established to highlight the importance of continuing influenza vaccination. The best way to protect against influenza is to receive a flu vaccination every flu season. Influenza (flu) is a contagious respiratory disease that can lead to serious complications, hospitalization, or even death. Anyone can get the flu, and getting a flu vaccine is the single best way to protect yourself and your family.

The CDC suggests that people should get vaccinated every year for two reasons.

1. The flu viruses are constantly changing, flu vaccines may be updated from one season to the next to protect against the most recent and most commonly circulating viruses.

2. Researchers suggest that a person's immune protection from vaccination declines over time so annual vaccination is needed for optimal protection. Yearly vaccination is recommended

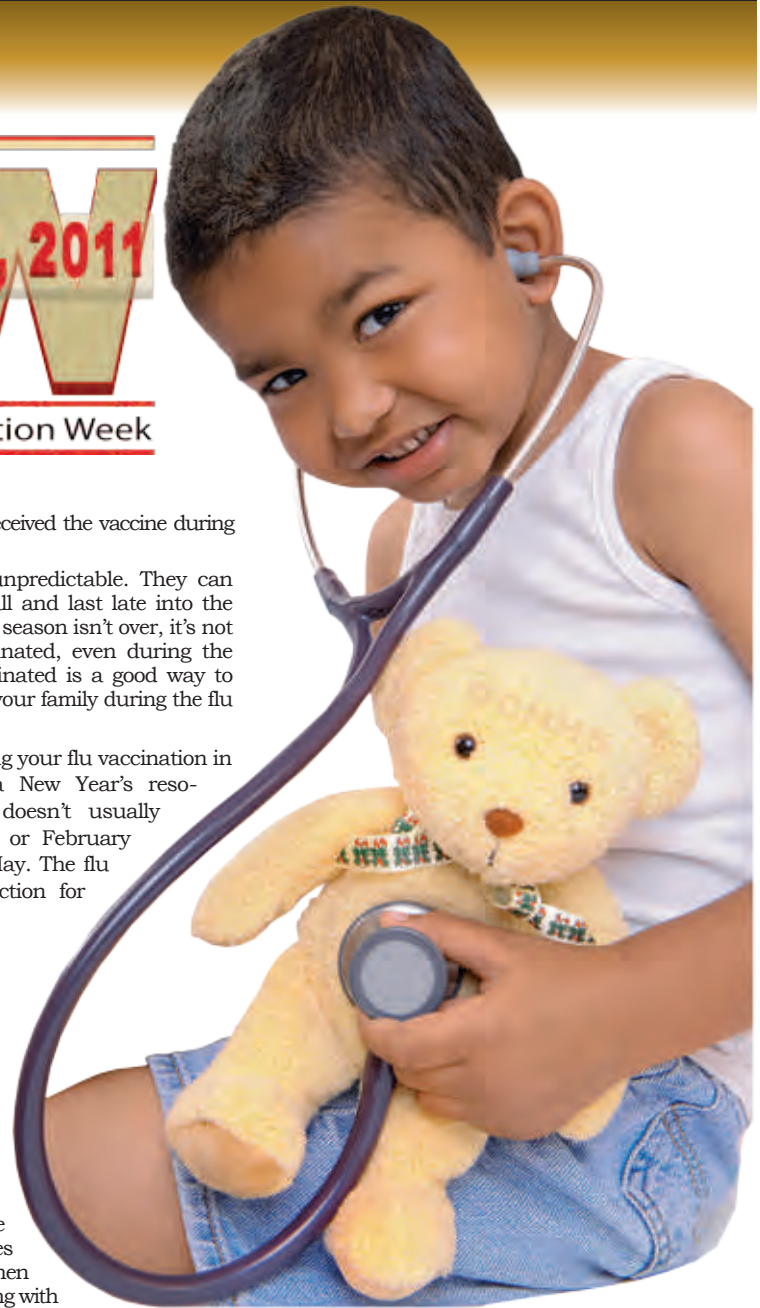
even for those who received the vaccine during the previous season.

Flu seasons are unpredictable. They can begin early in the fall and last late into the spring. As long as flu season isn't over, it's not too late to get vaccinated, even during the winter. Getting vaccinated is a good way to protect yourself and your family during the flu season.

If you miss receiving your flu vaccination in the fall, make it a New Year's resolution—flu season doesn't usually peak until January or February and can last until May. The flu vaccine offers protection for you all season long.

How does the flu spread?

Flu viruses are thought to spread mainly from person to person through coughing, sneezing, or talking to someone with the flu. Flu viruses also may spread when people touch something with flu virus on it, and then touch their mouth, eyes, or nose.



Continued on page 2

INSIDE

NIVW	- Page 1
Flu complications	- Page 2
Perinatal Hep B Program	- Page 2
Good Health Habits	- Page 3
EPI-VAC	- Page 3
Vaccine information Statements	- Page 4
Reminders	- Page 4

VACCINES FOR CHILDREN



DCHHS
Safe families, healthy lives.

WINTER 2011 - NEWS LETTER

National Influenza Vaccination Week! *Continued from cover*

People infected with the flu may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick. That means you may be able to spread the flu to someone else before you know you are sick as well as while you are sick. Young children, those who are severely ill, and those who have severely weakened immune systems may be able to infect others for longer than 5-7 days.

Complications of flu

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

The Center for Disease Control identify these categories, as high risk for developing flu-related complications:

- ☆ Children younger than 5, but especially children younger than 2 years old
- ☆ Adults 65 years of age and older
- ☆ Pregnant women
- ☆ American Indians and Alaskan Natives seem to be at a higher risk of flu complications
- ☆ People who have medical conditions including:
 - ☆ Asthma (even if it's controlled or mild)
 - ☆ Neurological and neuro developmental conditions
 - ☆ Chronic lung disease (such as chronic

obstructive pulmonary disease [COPD] and cystic fibrosis)

- ☆ Heart disease (such as congenital heart disease, congestive heart failure and coronary artery disease)
- ☆ Blood disorders (such as sickle cell disease)
- ☆ Endocrine disorders (such as diabetes mellitus)
- ☆ Kidney disorders
- ☆ Liver disorders
- ☆ Metabolic disorders
- ☆ Weakened immune system due to disease or medication (such as people with HIV or AIDS, or cancer, or those on chronic steroids)
- ☆ People younger than 19 years of age who are receiving long-term aspirin therapy
- ☆ People who are morbidly obese (Body Mass Index [BMI] of 40 or greater)

What are everyday preventive actions?

Everyday preventive actions are steps that people can take to help slow the spread of germs that cause respiratory illness, like flu. These include the following personal and community actions:

CDC Says "Take 3" Actions To Fight The Flu

CDC urges you to take the following actions to protect yourself and others from influenza (the flu):



Take time to get a flu vaccine.

- ☆ CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
- ☆ While there are many different flu viruses, the flu vaccine protects against the three viruses researchers suggest will be most common.
- ☆ The 2011-2012 vaccine will protect against an influenza A H3N2 virus, an influenza B virus and the H1N1 virus that emerged in 2009.
- ☆ Everyone 6 months of age and older should receive a flu vaccination as soon as the 2011-2012 vaccines are available.
- ☆ Vaccination of high risk persons is especially important to decrease their risk of severe flu illness.
- ☆ People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.

☆ Vaccinations are also important for health care workers, and other people who live with or care for high risk people to keep from spreading flu to high risk people.

☆ Children younger than 6 months are at high risk for serious flu complications, but are too young to be vaccinated. People who care for them should be vaccinated instead.

Take everyday preventive actions to stop the spread of germs.

☆ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

☆ Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

Continued on page 3



Perinatal Hepatitis B Program Hepatitis B vaccine can save lives!

Hepatitis B virus (HBV) infection is a major cause of acute and chronic hepatitis, cirrhosis of the liver, and primary hepatocellular carcinoma. It is the most prevalent chronic infectious disease in the world, a common cause of morbidity and mortality worldwide, and a major health problem in the United States.

Prevention

Perinatal hepatitis B is preventable by

- Screening pregnant women at the first prenatal visit and at delivery
- Giving the birth dose of hepatitis B vaccine and HBIG to babies born to HBsAg- positive women within 12 hours of delivery
- Giving the birth dose of hepatitis B vaccine to all babies before hospital discharge

For more information regarding Perinatal Hepatitis B, visit www.TexasPerinatalHepB.org or contact DCHHS at 214 819-2004

HEP B
HEPATITIS B VACCINE CAN SAVE
YOUR BABY'S LIFE

VACCINES FOR CHILDREN



DCHHS
Safe families, healthy lives.

WINTER 2011 - NEWS LETTER

Continued from page 2

- ☆ Avoid touching your eyes, nose and mouth, because germs may spread this way.
- ☆ Try to avoid close contact with sick people.
- ☆ If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities.
- ☆ While sick, limit contact with others as much as possible to keep from infecting them.

Take flu antiviral drugs if your doctor prescribes them.

- ☆ If you get the flu, antiviral drugs can treat your illness.
- ☆ Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid

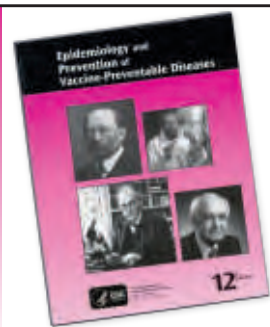
or an inhaled powder) and are not available for over-the-counter use.

- ☆ Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications.

- ☆ Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting

EPI-VAC

Epidemiology & Prevention of Vaccine-Preventable Diseases is a comprehensive overview of the principles of vaccination, general recommendations, immunization strategies for providers, and specific information about vaccine-preventable diseases. Providers and professionals involved in delivering vaccines and vaccine-related programs are encouraged to participate in the free-online courses, provided by the CDC. Continuing education credits are available.



and diarrhea. People may also be infected with the flu, and have respiratory symptoms without a fever.

Good Health Habits, Help Save Lives!

Good health habits for preventing seasonal flu include proper hand-washing to help stop the spread of germs at home, work, and school.

Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, as is common in many parts of the world, use soap and available water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

When should you wash your hands?

- ☆ Before, during, and after preparing food
- ☆ Before eating food
- ☆ Before and after caring for someone who is sick
- ☆ Before and after treating a cut or wound
- ☆ After using the toilet
- ☆ After changing diapers or cleaning up a child who has used the toilet
- ☆ After blowing your nose, coughing, or sneezing
- ☆ After touching an animal or animal waste
- ☆ After touching garbage

What is the right way to wash your hands?

- ☆ Wet your hands with clean, running water (warm or cold) and apply soap.
- ☆ Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.
- ☆ Continue rubbing your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- ☆ Rinse your hands well under running water.
- ☆ Dry your hands using a clean towel or air dry them.

What if I don't have soap and clean, running water?

Washing hands with soap and water is the best way to reduce the number of germs on them. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do not eliminate all types of germs.

Hand sanitizers are not effective when hands are visibly dirty.

How do you use hand sanitizers?

- ☆ Apply the product to the palm of one hand.
- ☆ Rub your hands together.
- ☆ Rub the product over all surfaces of your hands and fingers until your hands are dry.



VACCINES FOR CHILDREN



DCHHS
Safe families, healthy lives.

WINTER 2011 - NEWS LETTER

Reminders

- If your clinic has an Out of Range Temperature in the Refrigerator or Freezer: Contact your VFC Representative IMMEDIATELY.
- Out of Range temperatures compromise the viability of the vaccine.
- Temperatures should be documented twice daily for the refrigerator and freezer, with initials for each time i.e.

Refrigerator temps should be recorded in times (i.e. 8am, 5pm) and Freezer temps should be recorded as the actual temperature on the thermometer (0, +1).

Notice of Vaccines to Expire

- Please contact your DCHHS VFC representative, if you have any questions regarding your vaccines.

- Observe your monthly stock level, and expiration dates for all vaccines.
- Notify DCHHS VFC representatives 90 days prior to the vaccine expiration date, if the vaccine cannot be used before expiration. Rotate stock so that short dated vaccine can be distributed first. Too much vaccine kept in your inventory increases the risk of vaccines reaching expiration dates and increases the amount of loss in the event of refrigerator failure. When ordering vaccines, providers should keep no more than the designated maximum on hand.

Reports are Due by the 5th of Every Month

- Fax reports to (214) 819-2019
- Email your report to your contact person
- Please submit on time so orders will not be Delayed



(Parts or full contents used within the newsletter were extracted from the publications of the Centers for Disease Control and Prevention website.)

Vaccine Information Statements

Vaccine Information Statements (VIS) are produced by the CDC to inform vaccine recipients, their parents or legal representatives about the benefits and risks of a vaccine. The law requires that VISs be given out whenever vaccinations are given. Every time a vaccine is given, regardless of what combination it is given in, regardless of whether it is given by a public health clinic or a private provider, regardless of the age of the recipient, the appropriate VIS must be given out at the time of the vaccination.

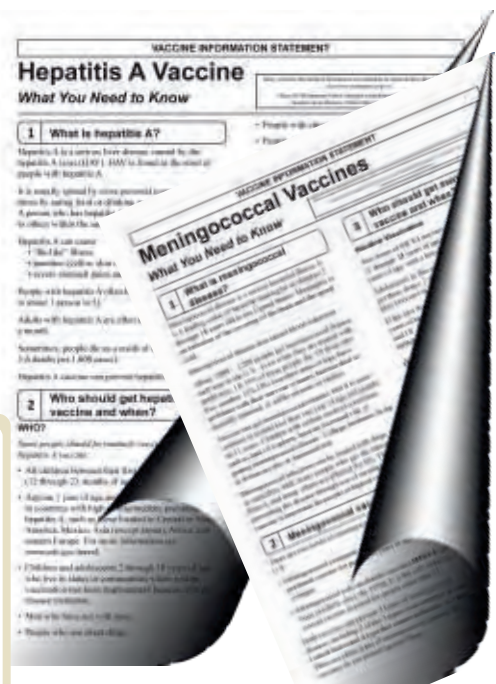
Please visit the CDC Vaccines website to retrieve Vaccine Information Statements

<http://www.cdc.gov/vaccines/pubs/vis/default.htm>

Latest VIS Updates!

Updated Hepatitis A VIS (Oct 26)

Updated Meningococcal VIS (Oct 14)



Vaccines for Children Program

VFC Supervisor

Tammara Scroggins, MPH, BSN, RN
(214) 819-2167

VFC Team Lead

Callie Williams, LVN
(972) 692-2701

Data Analyst II

Sunesh Chakravelil, MCA
(214) 819-2804

VFC Community Representative

Jamie Burgess, LVN
(214) 819-1925
Bridgett Smith
(214) 819-2018
Ebony Washington
(214) 819-2037
Shunta Porter
(214) 819-2821

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
Nita Cornish
(214) 819-2124

TMF Follow-up Personnel

Jean Wilson
(214) 819-1926

Receptionist
Mireya Medrano
(214) 819-1903



**Dallas County
Health and Human Services**
2377 N Stemmons Fwy, Dallas, TX 75207
Zachary Thompson, M.A., Director
Dr. Steven Wilson, M.D., Medical Director