

IMMUNIZATION  
BRANCH DEPARTMENT OF  
PUBLIC HEALTH  
COUNTY OF RIVERSIDE  
PO BOX 7600  
RIVERSIDE, CA 92503

# The Immunization Newsletter for Parents

WINTER 2015-2016

## Our Newsletter's Aim:

Our newsletter provides important information to keep parents current on immunizations across the lifespan. Part of our goal at the Immunization Branch is to provide as much helpful information and resources to keep you, your family and community members safe and healthy.

## In this Issue:

- ◆ 2015-2016 Flu Season
- ◆ Protect Yourself From The Flu
- ◆ Preteen Vaccine Checklist
- ◆ Preteen Vaccine Week
- ◆ Holiday Safety Tips
- ◆ Meningococcal Vaccine

## Upcoming Campaigns

### December 1

World Aids Day

### December 6-12

National Influenza Vaccination Week

### January

Cervical Health Awareness Month

National Birth Defects Prevention Month

### January 4-10

National Folic Acid Awareness Week

### February 7-13

Preteen Vaccine Week

## Tis The Flu Season

The 2015-2016 flu season is here and it's that time again to get your flu shot! The flu shot is recommended annually for all those 6 months and older.



### Important facts about the flu shot:

- ⇒ It prevents you, family members, friends and co-workers from getting flu.
- ⇒ It prevents missing days from school or work.
- ⇒ The flu shot does **NOT** cause the flu.
- ⇒ Allow **2 weeks** after your shot to start protecting you from the flu.

Give the gift this holiday season and protect yourself and loved ones by getting your flu shot today. Check on our website to see where the nearest location is to you to receive your flu shot and for more information:

<http://www.rivcoimm.org/Programs/InfluenzaFlu.aspx>

## Protect Your Child From The Flu

National Influenza Vaccination Week (NIVW) is December 6-12, 2015. National Influenza Vaccination Week is about raising awareness on the importance of receiving the annual flu shot. Protect yourself and the family from the flu by getting vaccinated this year. The flu shot will not only protect your child from getting sick, but also protect their classmates and teachers. You can prevent getting the flu by washing your hands often with soap and warm water or by using antibacterial hand sanitizer and avoid being around those who are sick. The flu is contagious and some children may not be aware that they are sick, and as a result they can spread their germs at home or at school. If you or anyone you know gets sick this season it is recommended to stay at home, rest and stay hydrated. Visit the Centers for Disease Control and Prevention (CDC) website for more information about the 2015-2016 flu season:

<http://www.cdc.gov/flu/about/season/upcoming.htm>

# pop? quiz

1. True or False.  
You need a flu shot annually?
2. True or False.  
The flu shot causes the flu?
3. Which is NOT a recommended vaccine for preteens:
  - A. HPV
  - B. Tdap
  - C. TB
  - D. Chickenpox
4. True or False.  
Tdap vaccine is NOT recommended for pregnant women?
5. True or False.  
Sharing a drink with a friend is safe?

To participate email your answers to:  
AnaFlores@rivcocha.org  
The first 10 correct responses will receive a gift for participating!

As easy as  
**123**  
to PREVENT HPV

Preteen Vaccine Week  
February 7-13, 2016

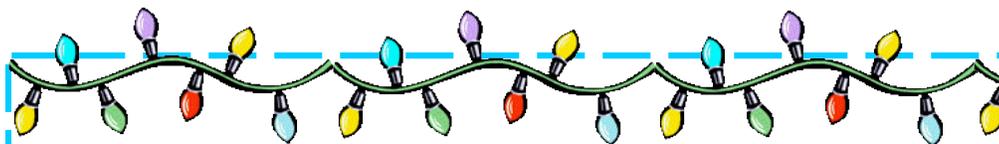


**HAVE YOU GOTTEN YOUR FLU VACCINE?**  
GET VACCINATED NOW! IT'S NOT TOO LATE!

National Influenza Vaccination Week  
December 6 - 12, 2015  
[www.cdc.gov/flu](http://www.cdc.gov/flu)




COUNTY OF RIVERSIDE  
DEPARTMENT OF PUBLIC HEALTH  
IMMUNIZATION PROGRAM  
IMMUNIZE AT EVERY AGE



## Holiday Safety Tips

1. Make sure Christmas tree is sturdy
2. Make sure Christmas lights are in good condition to prevent a fire
3. Handle and prepare holiday meals safely
4. Eat in moderation and stay active to avoid being full
5. If caroling this season dress warm in the cold



## Preteen Vaccine Checklist ✓

Below are the recommended vaccines preteens between the ages 11-12 should receive:

- ◇ Tdap
- ◇ HPV
- ◇ Meningococcal
- ◇ Flu
- ◇ Chickenpox

Check with your provider to see if your preteen is caught up with their vaccines.

## Think Twice Before

### Sharing A Drink



Healthcare providers and organizations are raising

awareness about meningococcal vaccine. Meningococcal is a disease that can be caused by sharing saliva through drinks, kissing, coughing or sneezing. This disease can have serious complications on a person's health. The important thing is that this disease can be prevented! Meningococcal vaccine is available for preteens to protect them at an early age before exposure. Check with your preteen's provider to see about getting the meningococcal vaccine today.



## Preteen Vaccine Week

Preteens are the future of tomorrow. The Department of Public Health and other organizations in California are raising awareness on the importance of vaccine protection for preteens from diseases. Are you aware of the vaccines your preteen should have between the ages 11 and 12? Not to worry, Preteen Vaccine Week is February 7-13, 2016 and this week is dedicated to spreading the importance of preteen vaccines from schools to local libraries and health clinics. It is important that preteens and their families are aware of the diseases that can be prevented by receiving the recommended vaccines. You can participate in Preteen Vaccine Week by getting vaccinated and spreading the importance of staying protected against disease.