

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

The Immunization Newsletter for Parents

FALL 2015

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:

- ◆ Going Back to School
- ◆ Shots for School
- ◆ Fruits and Veggies are Healthy
- ◆ Tdap Vaccine
- ◆ Get Your Flu Shot
- ◆ Motivate The Family

Upcoming Campaigns

September

Fruit & Veggies-More Matters Month
National Childhood Obesity Awareness Month

October 16

World Food Day

November 26

National Family Health History Day



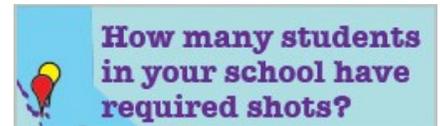
Back To School

Summer is coming to an end, which means it's time to get the kids ready to go back to school! Make sure your child is protected before going back to school by keeping them up to date with their immunizations. Below are some recommended vaccines for children and adolescents:

- ◆ Diphtheria, Tetanus, and Pertussis (DTaP)
- ◆ Polio
- ◆ Measles, Mumps and Rubella (MMR)
- ◆ Varicella (Chickenpox)
- ◆ Tetanus, Diphtheria, and Pertussis (Tdap)
- ◆ Meningococcal Conjugate (MCV4)
- ◆ Human Papillomavirus (HPV)

For more information about immunizations visit

<http://www.rivcoimm.org/Services.aspx>



Parents have access to see the vaccination rates of their child's school and city by going to the Shots for School website and choosing the grade level your child is in. This tool is very beneficial when choosing a new school for your child and to protect your family from vaccine preventable diseases. Be sure to check out the website to ensure that your child is protected at their school

<http://www.shotsforschool.org/>



Eat Your Fruits & Veggies



Make sure your child is healthy for the new school year by preparing their meals and snacks with fruits and veggies. Eating healthy does not have to be boring, parents can make it fun by being creative for example, when making their sandwiches and cutting them into fun shapes. Another good way to make eating healthy and fun is by letting your child participate and use their creativity when making their lunches and snacks. If you need any ideas "Choose My Plate" is a great online tool for healthy tips and recipes for the family. From counting calories or wanting to cook a healthy dish for dinner, this website is very resourceful. For more information please visit <http://www.choosemyplate.gov/>

pop? quiz

1. True or False.
You need immunizations for school?

2. True or False.
Can eating healthy be fun?

3. A healthy diet and physical activity can prevent:

- A. Obesity
- B. Health Problems
- C. Bad Habits
- D. All of the above.

4. True or False.
Tdap vaccine is NOT recommended for pregnant women?

5. True or False.
The flu shot is only recommended once a year if you have a cold?

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



For more information on how to create healthier habits for your family visit <http://www.cdc.gov/healthyyouth/npao/index.htm>



COUNTY OF RIVERSIDE
DEPARTMENT OF PUBLIC HEALTH
IMMUNIZATION PROGRAM

IMMUNIZE AT EVERY AGE

Quick Back To School Checklist



- ◇ Backpack
- ◇ Lunchbox
- ◇ No. 2 Pencils
- ◇ Spiral Notebooks
- ◇ Ruler
- ◇ Folders
- ◇ Coloring Markers
- ◇ Pens
- ◇ Homework Planner
- ◇ Protractor
- ◇ Crayons
- ◇ Pencil Sharpener
- ◇ Pocket Tissues
- ◇ Scissors
- ◇ Pink Erasers



Tdap Is NOT Just For Kids

The Tdap (tetanus, diphtheria, and pertussis) vaccine is recommended for children between the ages of 11-12 years. However, Tdap vaccine is also recommended for pregnant women preferably during 27-36 weeks of each pregnancy. This vaccine will protect both mother and baby against pertussis aka "Whooping Cough."

Don't Forget Your Flu Shot

Every year it is recommended for persons ages 6 months and older to get their flu shot. If your child has never received a flu shot and is 8 years old and younger, they should get two flu shots separated by 4 weeks. For children 9 years and older, only 1 shot is needed. Don't forget adults need their flu shot too! Protect yourself and your loved ones this year from the flu. For locations on where you can get your flu shot today visit our website for more information <http://www.rivcoimm.org/Programs/InfluenzaFlu.aspx>

Get Motivated This School Year

Childhood and adolescent obesity has more than doubled in the past 30 years according to the Centers for Disease Control and Prevention (CDC). Make this year filled with fun physical activities to get the family motivated into a healthier lifestyle. With the family working together and motivating one another obesity can be reduced, which in the long run prevents serious health problems such as cardiovascular disease. Some of the ways your family can get motivated for a healthier lifestyle is by finding a common interest you all share, such as riding bikes, going for walks, or even playing your favorite sport at the park. Doing one of these activities is one step closer to a healthier you and your family. Along with physical activity you can combine a healthier diet to support your family's healthy behavior. Get your family motivated this year and start making new and healthier habits to reduce the risks of obesity and a healthier you.