



**IMMUNIZATION
BRANCH DEPARTMENT OF
PUBLIC HEALTH
COUNTY OF RIVERSIDE
PO BOX 7600
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The Immunization Newsletter for Parents

SUMMER 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:

- ◆ Vaccines are safe
- ◆ Men need to stay healthy too
- ◆ Breastfeeding is beneficial and healthy
- ◆ Are you up to date with your immunizations?

Upcoming Campaigns

July 28
World Hepatitis Day

August
National Immunization Awareness
Month

National Breastfeeding Month

August 9-15
National Health Center Week



For more information on National Breastfeeding Month go to:
<http://www.cdc.gov/breastfeeding/index.htm>



National Immunization Awareness Month

August is the perfect time to raise awareness on the importance and effectiveness of vaccines. During each week of August, organizations across the nation will focus on different age groups.

- ⇒ **The first week will focus on a healthy start for babies from birth to age 2. Parents are urged to have their baby vaccinated with the recommended vaccines before the age of 2.**
- ⇒ **The second week will focus on children, preteens and teens going back to school. Children are required to complete their vaccines series to be fully protected.**
- ⇒ **The third week will focus on young adults. Young adults are required to keep up to date with their vaccines to reduce any exposure in their new environments.**
- ⇒ **The fourth week will focus on the adults. There are recommended vaccines for their age to keep them protected throughout their lives.**



For more information on National Immunization Awareness Month go to
<https://www.nphic.org/niam>

Vaccines are not just for kids! They are required across the lifespan. It is key to receive your vaccines to protect not only yourself but your family, and coworkers as they are safe and effective to prevent disease. For more information visit <http://www.rivcoimm.org/Home.aspx>.

Breast Milk Does The Baby Good



Breast milk is the best nutrition a mother can provide for her infant. Not only does it provide nutrients that are not available in baby formula, but also strengthens the baby's immune system. August is National Breastfeeding Month, which promotes and supports breastfeeding mothers all across the country. Children that are breast fed are less likely to have ear infections, digestive issues, and are less likely to become obese, according to the Centers for Disease Control and Prevention (CDC). Not only is it important to provide optimal health for infants, but mothers as well. It is recommended for pregnant women to receive a dose of the tetanus, diphtheria, and pertussis (Tdap) vaccine, preferably during 27-36

pop? quiz

1. True or False.
If a mother is Hepatitis B positive she cannot breastfeed?
2. True or False.
Playing in the sun at 10 a.m. reduces UV ray exposure?
3. Vaccines are safe and effective for:
 - A. Adults
 - B. Adolescents
 - C. Teens
 - D. All of the above.
4. True or False.
Breast milk and baby formula contain the same nutrients for infants?

To participate email your answers to: AnaFlores@rivcocha.org
The first 10 correct responses will receive an Immunization Gift Bag with goodies inside for participating!

weeks of pregnancy. By getting vaccinated during this timeframe it will not only protect the mother from “whooping cough,” but also protect the baby after delivery. Family and friends who will come in contact with the baby will need their Tdap vaccine. Help support National Breastfeeding Month by spreading the word to family and friends that breastfeeding is the best nutritional value mothers can give to their baby. For more information about the Tdap vaccine recommendations for expecting mothers please visit <http://www.cdc.gov/pertussis/pregnant>.

Stay Safe this Summer

Summer is here and we have 5 simple tips to keep you and your family safe this summer!

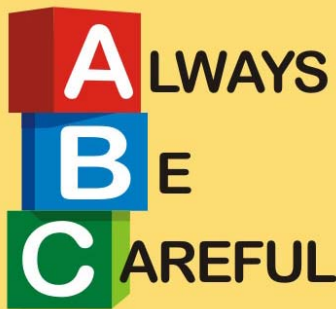


1. Reduce exposure to the sun from 10 a.m. to 4 p.m., that’s when UV rays are the strongest
2. Apply sunscreen with sun protective factor (SPF) 15 or higher
3. Parental guidance is recommended for pool activities. Drowning is the leading cause of injury deaths for children under five
4. Drink plenty of water
5. Reduce physical activities during high temperatures and instead do them during the cooler parts of the day



For more information on how you and your family can be safe this summer go to the Centers for Disease Control and Prevention (CDC) website at <http://www.cdc.gov/>.

SAFETY is as simple as ABC



For more information go to <http://www.cdc.gov/Features/KidsSafety/>

Protect Yourself From Hepatitis B

About 1.2 million people in the United States are infected with Hepatitis B, according to the Centers for Disease Control and Prevention (CDC). Hepatitis B is a virus that can cause serious liver problems if left untreated. This virus can be prevented by 3 doses of the Hepatitis B vaccine separated at birth, 1-2 months and 6-18 months of age. It is urged for pregnant mothers who are Hepatitis B positive have their baby vaccinated to prevent the spread of the virus. Hepatitis B is not spread by breastfeeding, cooking, hugging and kissing. Mothers are encouraged to breastfeed their babies and give the affectionate care a baby needs. It is strongly encouraged that if you or anyone you know are Hepatitis B positive, that your family gets tested and vaccinated to protect them from getting infected. For more information visit www.cdc.gov/hepatitis.