



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

The Immunization Newsletter for Parents

SPRING 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:

- ◆ National Infant Immunization Week & Toddler Immunization Month
- ◆ Don't Forget Your Flu Shot!
- ◆ Hepatitis Awareness Month
- ◆ Avoid Germs

Upcoming Campaigns

April 7

World Health Day

April 18-25

National Infant Immunization Week

April 24-30

World Immunization Week

May

Hepatitis Awareness Month

May 5

Hand Hygiene Day



National Infant Immunization Week & Toddler Immunization Month

National Infant Immunization Week is April 18-25, 2015 and Toddler Immunization Month is during the month of May. Local Health Departments and Healthcare Providers are working on increasing the awareness of having infants immunized on time before they are exposed to diseases such as Measles and Pertussis. There is an increase in measles cases in California at this time. As a parent it is your role to protect the health and well-being of your little ones. One way of doing that is having your infant immunized on time. The thought of having your infant immunized can be scary, but your healthcare provider is available to answer any questions you may have about vaccines. Vaccines are safe and can help to protect your infant from many different vaccine preventable diseases. Having your infant immunized is the best way you can protect not only your infant's life but those that come in contact with them.

Did You Know?

- Vaccines not only protect your infant but those around them
- Vaccines are safe and effective!
- Vaccines can save your infant's life!
- Vaccines save time and money
- Vaccines protect future generations



VACCINATE

It's Not Too Late to Receive Your Flu Shot!



For Information and Flu Facts go to our website at:
<http://www.rivcoimm.org/Programs/InfluenzaFlu/FluFacts.aspx>

Spring is here and it is still important to get your flu shot if you and your family members have not done so already. Although flu season begins in October, it usually peaks in January and can last until May. The flu bugs continue to spread even after the Winter season, causing illnesses for people who have not received their flu shot. If a person already had the flu before receiving the flu shot, it will continue to provide protection against other types of influenza. It is important as parents to not only protect yourselves, but also your loved ones. Beginning from age 6 months and older, it is recommended to receive the flu shot every year. Children 8 years and younger who have never had the flu shot, 2 shots are recommended at 4 weeks apart for better protection and for children 9 years and older only 1 shot is recommended. The flu shot does NOT cause the flu. According to the Centers for Disease Control and Prevention (CDC) after receiving your shot it takes about 2 weeks for your body to provide protection from the vaccine. As a friendly reminder, it is never too late to get your flu shot, so get your flu shot today and protect yourself and loved ones from the flu.

pop? quiz

1. True or False. Vaccinations are safe?
2. True or False. Flu season is only during the month of October through January?
3. Hand washing reduces the chances of catching the cold by how many percent?
 - A. 10%
 - B. 12%
 - C. 21%
4. True or False. Chronic hepatitis can lead to liver cancer?

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!

MAY IS NATIONAL HEPATITIS AWARENESS MONTH



Hepatitis B and C are silent, serious liver diseases. Do you have hepatitis? If you're not sure, your doctor can test you to find out and help you receive lifesaving care if you need it.

For more information go to: www.health.state.mn.us/hepatitis

BORN FROM 1945-1965?

CDC recommends you get tested for Hepatitis C.

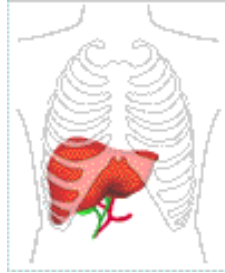
GET TESTED. Learn more



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

May is Hepatitis Awareness Month

During the month of May, healthcare professionals will be working on spreading awareness about Hepatitis and the available vaccines for prevention and protection. Hepatitis is the inflammation of the liver, and according to the Centers for Disease Control and Prevention (CDC) more than 4 million



Americans have chronic Hepatitis in the United States. Most people are unaware that they are infected, which is why it is important to know about the availability of Hepatitis A and Hepatitis B vaccines. Unfortunately, these are the only two types of Hepatitis vaccines that are available to protect and prevent you from disease. It is important if you are unsure if you have received the Hepatitis A or Hepatitis B vaccine that you visit your healthcare provider. May 19th is Hepatitis Testing Day, which is a perfect opportunity to take action and participate in getting tested to prevent the risk of having hepatitis and damage to your liver. For more information go to the Hepatitis Testing Events page (<http://www.cdcnpi.org/htd/HTD.aspx>) for resources to find a testing event site near you.

Avoid Germs by Washing your Hands

How many times a day do you wash your hands? Hand washing is the best way to prevent the spread of germs and illnesses, especially during flu season. It is common that we may touch objects that have been exposed to germs, and from there we become ill or spread germs. It is an important role as parents to make sure your child is washing their hands properly for 20 seconds. (See image for proper hand washing techniques) A fun way to estimate 20 seconds is by singing the "Happy Birthday" song to yourself twice. This will help make washing your hands a fun activity to do at home before and after eating, when using the bathroom, and when cleaning up after themselves. The more often you encourage them to wash their hands, the healthier they will remain.

According to the CDC, hand washing reduces illnesses, like the cold by 21%. Hand washing is an easy way to save time and money from having to go to the doctor. To keep not only yourself but your family safe from the spread of germs and illnesses, always remember to wash your hands and remind your child and their friends to wash their hands properly at school.

