

COMAL COUNTY PUBLIC  
HEALTH DEPARTMENT  
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# Immune News in Your Community

IMMTRAC NEWS

SPRING 2015 EDITION

April 18-25, 2015 is  
National Infant  
Immunization Week

Comal County Health Department will be hosting a health fair to provide infant vaccine and safety education for the community. Many other vendors will be present.

Please come out and join us on Saturday April 25th from 12-3pm @ the New Braunfels Public Library, 700 Common Street, New Braunfels, Texas 78130

We will be giving away balloons and information bags with valuable coupons and free items.

This is a great event, and life saving infant education.

Come out, get involved!

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## Measles, It isn't just a little Rash

### Measles Can be Serious!

Measles Symptoms typically

Include:

- High Fever (may spike to more than 104 degrees F)
- Cough
- Runny nose
- Red, Watery eyes
- Rash breaks out 3-5 days after symptoms start

You have the power to protect your child.

Provide your children and patients with safe and long-lasting protection against measles by making sure they get the measles-mumps-rubella (MMR) vaccine according to CDC's recommended immunization schedule.

For more information visit [WWW.CDC.GOV/MEASLES](http://WWW.CDC.GOV/MEASLES)

### The Measles Outbreak FOR PROVIDERS:

The United States is currently experiencing a large, multi-state outbreak of measles linked to an amusement park in California. The outbreak started in December 2014 and has spread to more than a dozen other states. CDC urges healthcare professionals to consider measles when evaluating patients with febrile rash and ask about a patient's vaccine status, recent travel history, and contact with individuals who have febrile rash illness.

For more measles information you can call Comal County's Health Department at 830-221-1150

**ImmTrac**  
Texas Immunization Registry

You can safely store you and your family's immunization records in ImmTrac at no-cost. ImmTrac records are kept secure and confidential. Even if you received one vaccine at your doctor's office and another at your local pharmacy, ImmTrac will consolidate the two into one immunization history.

<http://www.dshs.state.tx.us/immunize/immtrac/default.shtm>

Texas Vaccines  
for Children 



Measles can be dangerous, especially for babies and young children.

### Nutrition, Physical Activity, & Obesity in Children

- Childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years.
- The percentage of children aged 6-11 years in the United States who were obese increased from 7% in 1980 to nearly 18% in 2012. Similarly, the percentage of adolescents aged 12-19 years who were obese increased from 5% to nearly 21% over the same period.
- In 2012, more than one third of children and adolescents were overweight or obese.
- *Overweight* is defined as having excess body weight for a particular height from fat, muscle, bone, water, or a combination of these factors.<sup>3</sup> *Obesity* is defined as having excess body fat.

- Overweight and obesity are the result of "caloric imbalance"—too few calories expended for the amount of calories consumed—and are affected by various genetic, behavioral, and environmental factors.



April is: Every Kid Healthy Month, Shingles Awareness

[WWW.CDC.GOV](http://WWW.CDC.GOV)

# What does a Comal County Emergency Preparedness Volunteer do?

As a Volunteer for the Comal County Office of the Public Health, Emergency Preparedness Volunteers are asked to assist in the event of a public health emergency such as a disease pandemic or the accidental/intentional release of a toxic agent. Volunteers play a vital role in the County's emergency preparedness plan to open Points of Dispensing (POD) sites that distribute life-saving medications to Comal County citizens if the need arises. Volunteers may greet, screen, coordinate or dispense.

Contact the Volunteer Coordinator today

<http://www.co.comal.tx.us/publichealth> for additional information about volunteering!

## SHINGLES

### What is it? Who gets them?

**What is it?** Varicella-zoster virus is responsible for causing chickenpox and shingles. Both chickenpox (varicella) and shingles (herpes zoster) are marked by an outbreak of rash or blisters on the skin.

People who have had chickenpox in the past are at risk for developing shingles because the virus remains inactive in certain nerve cells of the body and can become active later in life.

### Who gets it?

Scientists are not certain why the virus reactivates or why it only reactivates in about 20% of the people who have had chickenpox. There is evidence to suggest that a weakened immune system may cause the virus to break out of its dormant state, multiply, and move along nerve fibers to the skin. You may be at risk for shingles if you:

- Have a weakened immune system (such as people with cancer or HIV)
- Are over the age of 50
- Have been ill
- Are under significant stress
- Have had a physical trauma

### What are the symptoms of shingles?

Early symptoms of shingles include:

- Pain that is itching, stabbing, or shooting
- Tingling feeling in or under the skin, which is red in the affected area
- Fever, chills, and headache
- Stomach upset



(Shingles rash illustrated in photo above)

### What Vaccine should I get?

The advisory committee on immunization practices (ACIP) recommends a single dose of zoster vaccine (**Zostavax, Merck**) for all adults age 60 years and older. Please contact Comal County Public Health Department for the zoster vaccine.

### How is shingles treated?

Antiviral medications can ease discomfort and reduce the duration of symptoms. Pain medications can also offer relief. Such as Tylenol or over-the-counter non-steroidal anti-inflammatory drugs.

All shingles information found through ACIP

## DID YOU KNOW?

Immunization's prevent between 2-3 million deaths every year. Please remember to spread the importance on being properly vaccinated.