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Immunization News in Your Community

GET SUMMER READY SUMMER 2015 EDITION

If there are any questions or you would like to schedule an appointment to get vaccines before your travel plans this summer you can call us at

830-221-1150

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Stay safe during summer travel

When making plans to travel this summer,

Be Proactive, Be Prepared, and Be Protected.

With the recent outbreaks across the world of Ebola, Mumps and Meningitis there are some things you should do to protect yourself and your family before planning your summer vacation.

Before traveling it is always wise to see a doctor 4-6 weeks before your trip to answer any questions you may have and recommendations on vaccines you might need.

A good resource to use to find out which vaccines you may need when traveling to a foreign country is:

WWW.CDC.GOV Click on the tabs:

- Travelers' Health
- Destinations

You can then select the country you will be traveling to for viewing the required or recommended vaccines to keep you protected. You can also check to see what health notices are current for your destination through the CDC under "Travel Health Notices".

TRAVELING WHILE PRGENANT

If you are pregnant and going on a cruise, check with the cruise line to find out if they have specific guidelines for pregnant women. Most will not allow you to travel after 24-28 weeks, you may need to have a note from your doctor saying you are fit to travel.

Food and Water Safety

Travelers' diarrhea is caused by eating or drinking contaminated food or water. This can lead to severe illness but even worse for pregnant women. Things to avoid to prevent any problems while on vacation:

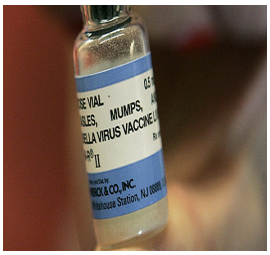
- Eat food that is cooked and HOT
- Do not eat food that is sitting at room temperature or at buffets
- Avoid Dairy
- Do not drink anything with ice in it. If possible drink only sealed bottle products.

MUMPS OUTBREAK CLOSE TO HOME

May 11, 2015 the Texas Department of State Health Services issued a Health Advisory for the public. Announcing that 2 students at the University of Texas, Austin were confirmed to have mumps. Later a third student was confirmed as well. All of these students had prolonged exposure to each other. The advisory continues to warn the public that many other students were exposed and are now returning home to their prospective hometowns, also exposing the public in these locations. Mumps is a contagious disease and is caused by the mumps virus. It usually starts with a fever, headache, muscle aches, tiredness and loss of appetite. Symptoms are much like those of the flu, with the addition of swollen salivary glands right behind the ears.

Mumps is spread through respiratory droplets, by coughing or sneezing. The incubation period can be as long as 25 days, but is typically 14-18 days. A person with mumps is infectious three days before to four days after the onset of symptoms. An infected person without symptoms of mumps may still be able to transmit the virus.

Ask your doctor, or your local health department about getting the MMR shot today!



WWW.CDC.GOV

Stay healthy this summer. Protect yourself and your loved ones from mosquito bites that cause West Nile virus infection.

Mosquito bites can be more than just itchy and annoying. They can cause you to get sick. The most effective way to avoid West Nile virus disease is to prevent mosquito bites. Be aware of the West Nile virus activity in your area and take action to protect yourself and your family.

Know the facts - Almost 40,000 people in the U.S. have been reported with West Nile virus disease since 1999, and of those over 17,000 have been seriously ill and more than 1600 have died. Many more cases of illness are not reported to CDC.

Know your risk - Anyone living in an area where West Nile virus is present in mosquitoes can get infected. West Nile virus has been detected in all lower 48 states (not in Hawaii or Alaska). Outbreaks have occurred every summer since 1999. Though anyone can get infected with West Nile virus, there are people at higher risk for severe disease. People over the age of 50 are at higher risk for encephalitis. The reasons one person becomes severely ill and another doesn't aren't entirely known.

The CDC recommends a variety of safe and effective repellents for you and your family. There are those that can protect you for a short while in the backyard, or a long while in the woods.

www.cdc.gov

Sun Exposure can be Cancer Causing

Skin cancer is the most common cancer in the United States. There are three types of skin cancer, basal cell, squamous cell and melanoma. Basal and squamous cell cancer is highly curable, but can be disfiguring and costly to the patient. Melanoma is the most deadliest form of skin cancer. Most of the skin cancers are caused from exposure to ultraviolet light.

Not only is to much exposure to UV rays dangerous to the skin it also can change the skin's texture and cause the skin to age prematurely.

What should someone look for:

Always remember the *ABCDE's* when looking for signs of melanoma.

- **Asymmetrical- Is the mole or spot irregular in shape. Does it have two parts that look very different?**
- **Border- Is the border of the mole or spot irregular or jagged?**
- **Color- Is the color even?**
- **Diameter- Is the mole or spot larger than the size of a pea?**
- **Evolving- Has the mole or spot changed during the last few weeks or month?**
- **Remember to always talk to a doctor if any change occur, a sore doesn't heal or there is a change in an old growth. Not all skin cancer looks the same. Always take precautions and have a doctor verify.**

How can someone lower their risks of skin cancer?

- **Stay in the shade, especially during midday hours**
- **Wear a hat with a wide brim to shade the face, head, neck, and ears**
- **Wear clothing that covers both arms and legs**
- **Wear sunglasses that block both UVA and UVB rays**
- **Use sunscreen with an SPF of 15 or higher, protecting against both UVA and UVB**
- **Avoid indoor tanning**

WWW.CDC.GOV