

HEALTH NEWS

**Plan ahead
for school
shots !**

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Spring 2013

COMAL COUNTY PUBLIC HEALTH

What Immunizations Do Adults Need?

Some adults incorrectly assume that the vaccines they received as children will protect them for the rest of their lives. Generally this is true, except that:

- Some adults were never vaccinated as children.
- Newer vaccines were not available when some adults were children.
- Immunity can begin to fade over time leaving them vulnerable to disease.

As we age, we become more susceptible to serious disease caused by common infections.

All adults 19+, including pregnant women, need the flu vaccine and a one-time dose of Tdap. Tetanus vaccination is needed every ten years.

Certain age, health, and lifestyle conditions require additional immunizations such as: the Human Papillomavirus (HPV) series, Measles, Mumps, & Rubella (MMR), Varicella, Shingles, the Pneumococcal vaccine, Hepatitis B, Meningococcal, or Hepatitis A.

For more information, the CDC offers an informative interactive website devoted to adult immunizations.

www.cdc.gov/vaccines/schedules/easy-to-read/adult.html



Adult Immunization Schedules are available at TX Department of State Health Services (DSHS) website:

<http://www.dshs.state.tx.us/immunize/schedule>

Immunizations for Diabetics

Diabetics have additional health precautions to consider when overall wellness is the goal. In addition to diet and lifestyle to be concerned about, vaccinations play a critical role in protecting health. The Hepatitis B series is recommended for diabetics

younger than 60. Also recommended are the Pneumococcal vaccine and Tdap. Of course, the flu shot is advised on a yearly basis. Additional vaccines may also be suggested based on your individual health & lifestyle circumstances.

If you are a diabetic, we encourage you to discuss these immunizations with your medical provider.

For more information:

www.immunize.org

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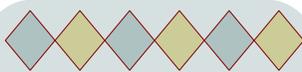
Comal County Public Health
is now an **In-Network Provider** for
Immunizations with
Blue Cross Blue Shield
of Texas.



1906

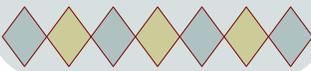
Belgian scientists Jules Bordet (1870-1961) and Octave Gengou (1875-1957) isolated the bacterium *Bordetella pertussis*, the causative agent of pertussis (whooping cough), which they had first observed in 1900. It would later also come to be known as the Bordet-Gengou bacillus.

www.historyofvaccines.org



A healthy body is a guest-chamber for the soul; a sick body is a prison.

-Francis Bacon



Diphtheria, Tetanus, and Pertussis

There are four combination vaccines used to prevent diphtheria and tetanus. Two also protect against pertussis: **DTaP**, **Tdap**, **DT**, and **Td**. Two of these (DTaP and DT) are given to children younger than 7 years of age, and two (Tdap and Td) are given to older children and adults.

Children should get 5 doses of **DTaP**, one dose at each of the following ages: 2, 4, 6, and 15-18 months, and then at 4-6 years. **DT** does not contain pertussis, and is used as a substitute for DTaP for children who cannot tolerate the pertussis

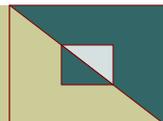
vaccine component.

Td is a tetanus-diphtheria vaccine given to adolescents and adults as a booster shot every 10 years, or after possible exposure to tetanus. **Tdap** is similar to Td, but also contains protection against pertussis.

Adolescents 11-18 years of age (preferably at age 11-12 years) and adults (19 through 64 years) should receive a single dose of Tdap. Tdap can be given no matter when the last Td was received. For protection of infants, Tdap is recommended for anyone who will be around a baby.

Abbreviations & Definitions

- **DTaP**: Diphtheria-Tetanus-Pertussis
- **DT**: Pediatric Diphtheria-Tetanus
- **Td**: Adult Tetanus-Diphtheria
- **Tdap**: Tetanus-Diphtheria-Pertussis
- **Tetanus**: Lockjaw
- **Pertussis**: AKA "whooping cough"



Your Health Department Offers Special Services for Adults

- Blood Pressure Monitoring
- Response to vaccinations and titers
- HIV/AIDS information
- Screening for TB exposure.
- HIV Testing
- Testing for Hepatitis B & C
- Referrals for medical/social needs
- Confidential STD counseling.
- Adult Flu clinics
- Health Fair participation
- Community Education
- Blue Cross/Blue Shield Provider for immunizations.
- Immunizations for local businesses
- Pregnancy testing

Call for an appointment!

830-221-1150

Hours:

Monday-Friday

8-12 & 1-5



ImmTrac stores immunization records for *any* Texan of *any* age



ImmTrac is the Texas immunization registry, a free service from the Texas Department of State Health Services (DSHS). It is a secure, confidential registry that electronically stores immunization histories for children, Texas first responders, and registered adults. The valuable information entered into ImmTrac comes from a variety of sources: private health-care providers; public health clinics; Medicaid claims administrators; the Bureau of Vital Statistics; and Women, Infants and Children (WIC) clinics. Regardless of the number of sources, each client's immunization information is consolidated into one electronic record for safe storage.

www.immtracforeveryone.com

Attention High School Seniors and Recent Graduates!

Schools will be wrapping up over the next couple of months. Some High School seniors are considering what the next step will be for them: *College? Trade School? Military? Jobs?* They have so much on their plate! One crucial thing that many don't know about is the importance of having an up-to-date copy of their Immunization record. Thankfully, there's ImmTrac.

IMPORTANT: Those who are seventeen and have been enrolled in ImmTrac with their parents consent, will need to sign for themselves when they turn eighteen. As an adult their signature is required to remain in the ImmTrac program. If, however, they do not sign for themselves by the age of nineteen, their ImmTrac record will be permanently deleted. Therefore, it is vital for seventeen and eighteen year olds to be educated on this requirement so they can take the necessary steps to maintain their ImmTrac record into adulthood.

If you would like assistance with this next step, call one of our ImmTrac Outreach Specialists. They will assist you with the necessary paperwork.

What is an ImmTrac Outreach Specialist ?

Two ImmTrac Outreach Specialists, Jenna Robinson and Maggie Moreno, are on staff at Comal County Public Health. They work diligently in our community to provide ImmTrac-related education and technical assistance. They assist school nurses and medical providers to ensure immunization records are current and that ImmTrac is updated so the registry is used as it was intended, as a reliable resource. Jenna and Maggie provide community education by attending local health fairs, supplying literature to local medical providers, conducting presentations, and assisting citizens who call or arrive at our clinic with questions. The goals guiding the ImmTrac Outreach Specialists are to increase the use of ImmTrac and to strengthen its accuracy.

Have a question about ImmTrac? Call Jenna or Maggie at 830-221-1150.

178 East Mill Street,
Suite 210
New Braunfels, TX 78130

Phone: 830-221-1150
Fax: 830-620-3495
Web: www.co.comal.tx.us/health

1900-1999: Ten Great Public Health Achievements

From: *MMWR Weekly*: April 2, 1999/48(12);241-243

1. Vaccination
2. Motor-vehicle safety
3. Safer workplaces
4. Control of infectious diseases
5. Decline in deaths from coronary heart disease & stroke
6. Safe & healthier foods
7. Healthier mothers and babies
8. Family planning
9. Fluoridation of drinking water
10. Recognition of tobacco use as a health hazard

TRIVIA

Which vaccine was tested in a landmark U.S. study trial in 1954?

A. The Poliovirus vaccine. The 1954 polio vaccine trial remains the largest ever.

*Learn more about the history of vaccines at:
www.historyofvaccines.org*

Getting a Shot?

Remember:

- 1. Dress appropriately by wearing short sleeves or easy-to-roll long sleeves.**
- 2. Eat before arriving for your immunizations.**
- 3. While here, ask the nurse what other shots are recommended for you.**

Meet Our Immunization Nurses

Comal County Public Health (CCPH) have three great immunization nurses on staff: Betty Becka, Maria Smith, and Cristie Crennel. They administer immunizations to both children and adults. In addition to administering vaccines, they also perform epidemiology surveillance, draw for labs, provide STD counseling, perform day care and school immunization audits, present educational talks in the community, and serve as an important health asset for Comal county citizens.



With private businesses now administering many immunizations, what does public health offer that's unique? Simply said, it's our specialty. Our nurses study and prac-

tice the field of immunizations. Years of experience, ongoing education, and daily use of their knowledge make them uniquely qualified to educate about and administer immunizations to the public. If people have questions about particular vaccines, school vaccine requirements, immunization schedules, or reportable diseases in our area, the CCPH nurses are a reliable and easily accessible resource. In fact, all the nurses report their favorite part of working at CCPH is serving the community

Maria Smith has worked at CCPH for 17 years, the longest tenure in our nursing staff. Maria assures people that vaccines are safe and necessary to protect the public against vaccine preventable diseases.

Betty Becka has been with CCPH for 3-1/2 years. Betty enjoys the continu-

ing education that is vital to her job, "There is always ongoing education in the field of nursing," she says.

Cristie Crennel puts patients at ease with her smile and easy-going manner. She has been at Comal County Public Health for two years and loves her work here, "I enjoy protecting the public by providing immunizations against diseases," she says.

That is something the CCPH nursing staff does every day.

"It's better to prevent a disease rather than treating it."

-Betty Becka, LVN

Thank you Betty, Maria, and Cristie!