

HEALTH NEWS

Promoting & Protecting Your Health Autumn 2013

COMAL COUNTY PUBLIC HEALTH

What is FluMist?

FluMist is the brand name of an intranasal flu spray, which is produced with live attenuated (weakened) influenza. The nasal spray is approved for use in healthy people ages 2 through 49 years of age who are not pregnant. There are people who should not receive FluMist: children younger than 2 years, adults over 50, people with a severe allergic reaction to vaccine components, people with asthma, those on long-term aspirin treatment, pregnant women, and people with certain health conditions. How does it work? FluMist contains weakened live virus that stimulates the immune system in the lining of the nose and throat, which is where the flu virus enters the body.



Over the last 10 years, more than 64 million doses have been distributed in the United States.
-cdc.gov and flumistquadrivalent.com



Comal County Public Health Received Award from Texas Department of State Health Services!

Outstanding Immunization Program

for outstanding community partnerships, best practices, and quality customer service

The Polio Vaccine

There are two types of vaccine that can prevent polio: inactivated polio vaccine (IPV) and oral polio vaccine (OPV). Only IPV has been used in the United States since 2000; however OPV is still used throughout much of the world. Children should be vaccinated with 4 doses of IPV.

In certain situations adults need an IPV, such as: some international travelers, some laboratory workers, and healthcare workers. For more information, talk with your medical provider. You can also call Comal County Public Health.

www.cdc.gov

In the United States, polio was the most notorious disease of the 20th century until AIDS appeared. On April 12, 1955, it was announced that Jonas Salk, using March of Dimes donations from millions of people, had developed a vaccine to prevent polio.

<http://amhistory.si.edu/polio/>

Learn More about Polio!

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Who's Togo & Balto?

An outbreak of diphtheria in Alaska led to the famous Nenana-to-Nome dog sled run of antitoxin to treat sick children. Twenty teams of mushers travelled from Nenana to Nome, battling record low temperatures.

Two of the lead dogs were Togo and Balto. A statue of Balto stands in Central Park in New York City.



Dog Heroes!

1879

First Laboratory Vaccine

Louis Pasteur produced the first laboratory-developed vaccine: the vaccine for chicken cholera.

www.historyofvaccines.org

“The first wealth is health.”

Ralph Waldo Emerson

Meet Our Staff:

ImmTrac Outreach Specialists



Our staff is made complete with our two ImmTrac professionals: Maggie Moreno and Annie Brown. They both bring varied experiences and heart-felt dedication to their jobs.

Maggie has a degree from UT-San Antonio (UTSA) and, prior to coming here, has worked at a private physician's office. Working in the front office gave her valuable experience in preparation for her duties here: familiarity with vaccines and an understanding of medical offices.

“Working with staff from various clinics in Comal county is easy because I can relate to the many duties they have,” she says.

Annie, who also graduated from UTSA, has a degree in education specializing in teaching middle school science. She's also worked for Texas Youth Leadership Forum, sold medical products, and been an executive assistant. Her heart is in physical

fitness; she has been a certified personal trainer and coach for 30 years. She enjoys working with people from a variety of backgrounds.

Both Maggie and Annie enjoy working with the public to raise awareness about the importance of vaccinations and ImmTrac registry. A significant part of their time is spent working with medical providers, schools, and community service organizations. They present story time at local libraries, take part in health fairs, and meet with local organizations.

Here at Comal County Public Health, we are always encouraging choices for healthy living.

Maggie wants to spread the word, “We are here to help!” Please invite us to take part in local health fairs and community events.”

As an important reminder,

“We can help adults without insurance to get vaccinated at a reasonable cost,” Maggie says.

Varied tasks and community outreach opportunities make for an interesting job. “The work is very interesting but I think the ability to reach and inform people in ways that could help them is about equal with the camaraderie and assistance from my co-workers,” Annie says.

Please, make sure to read the ImmTrac section of every *Health E News* and visit their section of our *website*: www.co.comal.tx.us/Health.htm

You can contact Maggie and Annie at 830-221-1150. Emails are:

Maggie: morenm@co.comal.tx.us

Annie: browna@co.comal.tx.us

“Our number one concern is bringing what we can to ensure public safety and healthcare.”

-Annie Brown

What are Vaccine Information Statements?

Vaccine Information Statements (VIS's) are produced by the Centers for Disease Control and Prevention (CDC) to explain both the benefits and risks of a vaccine. They are one page, two-sided information sheets.

Federal law requires VIS's to be handed out whenever (before each dose) vaccinations are given. They are updated on an as-needed basis with the latest revision date included on the back, bottom-right corner.

Currently, VIS's are translated into almost 40 different languages.

What's included on a VIS? It provides a brief description of the vaccine preventable disease the immunization is intended to protect you from, why the vaccine is recommended, current recommendations, who should not get the vaccine, potential risks of vaccination, potential side-effects (such as soreness), informs recipients of the National

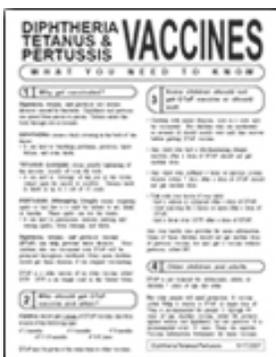
Vaccine Injury Compensation Program, and referrals for more information.

You don't have to wait until you're at your medical provider's to read the VIS. Current VIS's are available to print from the CDC and the Immunization Action Coalition (IAC).

We encourage you to carefully read the VIS that is given to you. Before you get a shot, ask any questions you may have.

Where to go for a VIS

CDC: www.cdc.gov IAC: www.immunize.org



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

ImmTrac Texas Immunization Registry

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, first responders, and 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

Who has access to Immtrac information?

Your privacy is protected. Immunization information is available only to persons authorized by law to see it. Only doctors, schools, childcare centers, and public health providers with ImmTrac-issued identification numbers and passwords may view the information.

- www.immtracforeveryone.com



ImmTrac Specialists in Your Community!

Comal County Public Health have two ImmTrac Outreach Specialists on staff that are here to assist you!

Maggie Moreno morenm@co.comal.tx.us

Annie Brown browna@co.comal.tx.us

You can call them at 830-221-1150.

Our ImmTrac Specialists

have their own quarterly newsletter
ImmTrac and Your Community.

It's mailed to local medical providers, school nurses, day cares, & registered homes.

Visiting Another Country?

Meet Our New PHEP Volunteer Coordinator!



We are pleased to introduce our new PHEP Volunteer Coordinator, Kenneth Immel. He brings with him valuable experience as a fire fighter, EMT, and a hazardous material technician. In fact, he was a fire fighter for the City of Sugar Land for almost 21 years! He enjoys working with people from a variety of backgrounds and looks forward to becoming more involved in our community. He is focused on the most urgent message of his job: being prepared for an emergency, "Once an emergency has started is not the time to start looking for things you may need" Ken says."

Talk with your doctor. Begin international travel immunizations at least 4-8 weeks before departure.

First, make certain your immunizations are up-to-date, based on current recommendations. If children are accompanying you, keep in mind babies & children may need measles protection at an earlier age than usual. Also, post-travel health evaluations are recommended for some destinations.

Trustworthy travel research is available at the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO). Both arrange the recommended travel immunizations by destination country.



How to Reach Us

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Suite 210
New Braunfels, TX 78130
Phone: 830-221-1150
Fax: 830-620-3495
Web: www.co.comal.tx.us/health

Your Health Department Offers...

Call for an Appointment

Monday-Friday

(830) 221-1150

8am-12 & 1-5pm



- 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

Bulverde Satellite Clinic

2nd Friday every
month

By appointment only

(830)221-1150

Minimum attendees required

