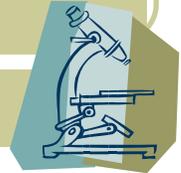


***It's not too late to get a flu shot!***

Promoting & Protecting Your Health

Winter 2014

COMAL COUNTY PUBLIC HEALTH



## Types of Vaccines

Live attenuated vaccines are very fragile and must be protected from heat and light. Careful storage and handling is essential.

Vaccines are classified into two basic types: live attenuated and inactivated. *Live attenuated* vaccines are a weakened form of the "wild" virus or bacterium. *Inactivated vaccines* are created from whole or fractions of viruses or bacteria.

Live attenuated vaccines illicit a response from the immune system that is very similar to a natural infection. Examples of this vaccine type are: measles, mumps, rubella, varicella (chicken pox), Zoster (shingles), yellow fever, rotavirus, & FluMist (intranasal flu vaccine).

Inactivated vaccines are produced by growing bacteria or viruses in a culture media, and then using heat and/or chemicals to inactivate it. This process creates a vaccine that

is not "alive" and cannot replicate. These vaccines require multiple doses in order to "prime" the immune system. Full protection does not occur until the 2nd or 3rd doses.

Inactivated vaccines are sub-divided into additional categories based on how they are made. For example, fractional vaccines include: polio, hepatitis A, rabies, and influenza.

Polysaccharide vaccines (aka conjugate vaccines) are composed of long chains of sugar molecules that make up the surface capsule of certain bacteria. Examples include: pneumococcal and meningococcal.

Genetic engineering technology produces recombinant vaccines such as: hepatitis B & Human Papillomavirus (HPV).

Some bacteria secrete toxins, and *toxoid vaccines* are made from inactivating these toxins. Toxoid vaccines are used against diphtheria and tetanus

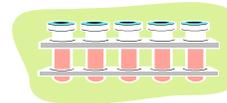
Of course, this is a very simplified overview. Hopefully by reading this, your interest will be piqued to learn more.

Centers for Disease Control and Prevention. Epidemiology and Prevention of Vaccine-Preventable Diseases. Atkinson W, Wolfe, Hamborsky J eds. 12th ed. Washington DC: Public Health Foundation, 2011.

### Would you like to learn more?

<http://www.niaid.nih.gov/topics/vaccines/understanding/pages/typesvaccines.aspx>

<http://www.historyofvaccines.org/content/articles/different-types-vaccines>



## International Adoption and Vaccines

Information from the Centers for Disease Control and Prevention (CDC): "All international adoptees should receive vaccines according to the U.S. Childhood Immunization Schedule. In addition, a child's birth country may have vaccines or a vaccination schedule that is different from the recommended immunization schedule in the United States.

You should ask your adoption coordinator for your child's immunization records. If you are unsure as to whether or not your child was vaccinated, the doctor can have their blood tested for antibodies to determine their immunity to certain diseases. However, these tests may not always be accurate, so the doctor may not be sure your child is truly protected. In some cases, doctors may prefer to revaccinate your child anyway for best protection.

It is safe for your child to be revaccinated, even if your child received that vaccine in their birth country. Talk to your child's doctor to determine what vaccines are needed to protect against diseases." [www.cdc.gov](http://www.cdc.gov)



### Inside this issue:

Types of Vaccines	1
International Adoption and Vaccines	1
Vaccines for Older Adults	2
Call for PHEP Volunteers	2
ImmTrac Q and A	3
What is Texas Vaccines for Children?	4
Comal County Public Health Services	4



You can download CDC podcasts to your desktop and portable music/video player for health information at your convenience and on the go!

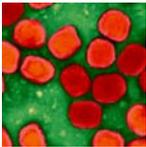
<http://www.cdc.gov/vaccines/ed/podcasts.htm>

## Vaccines for Older Adults

May 1980

### Smallpox Declared Eradicated

The World Health Assembly accepted the WHO Global Commission's recommendation and declared the world free from smallpox.



**“In health there is freedom. Health is**



#### Who's Lillian Wald?

Lillian Wald (1867-1940) is considered the mother of public health nursing.



Read more!

<http://sphtc.org/timeline/timeline.html>

“As we get older, our immune systems tend to weaken over time, putting us at higher risk of infectious diseases. When older adults get infected, they can have more severe illnesses than younger people. Vaccines can help boost the immune system to decrease the risk of older adults getting vaccine-preventable diseases.

Even if you were vaccinated at a younger age, the immunity from those vaccines can wear off or the virus or bacteria that the vaccine

protects against changes. So your resistance is not as strong.”

from: [www.cdc.gov](http://www.cdc.gov)

What vaccines are recommended for older adults?

- Shingles
- Pneumococcal
- Influenza (flu)
- Tdap

Also, certain health and lifestyle situations may put you at a higher risk for certain diseases. Talk with your medical provider to find out what

you may need.

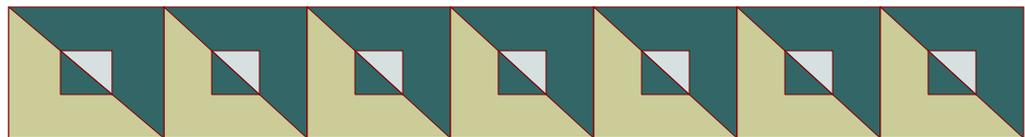
### Questions?

Call the immunization specialists at Comal County Public Health.

(830) 221-1150



**We bill Traditional Medicare Part B.**



## Comal County Public Health Emergency Preparedness Seeks (PHEP) Volunteers

Now is the time to be prepared in the event of a public health emergency. Volunteers with diverse talents and backgrounds are needed to make a big difference in our community. Volunteers receive the necessary and valuable training to assume designated roles once a Point of Dispensing “POD” has been opened. These PODS are temporary facilities where volunteers would assist in providing life-saving medications to citizens if a pandemic or release of toxic agents were to affect our community. Direct benefits to volunteers include knowledge of what to do and how to be ready in the event of an emergency, and they will receive the proper medications as they become available. Volunteers are asked to attend a training up to twice a year. These exercises are to prepare and empower volunteers to be a critical resource in a time of need.

For more information on how to help, contact Susana Dias at [diassu@co.comal.tx.us](mailto:diassu@co.comal.tx.us) or call 830-221-1150 x1313.



New Staff at Comal County Public Health!

We welcome our new Immunization Clerk, Dawn Moreno, our new Immunization Nurse, Jennifer Franklin, and our new PHEP Volunteer Coordinator, Susana Dias.



Take a Virtual Tour of the Comal County Courthouse!

[www.co.comal.tx.us/Pictures/Courthouse-Tour/Courthouse.html](http://www.co.comal.tx.us/Pictures/Courthouse-Tour/Courthouse.html)

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, 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](http://www.immtracforeveryone.com)

## ImmTrac Q and A

**Question:** *How do you find out if your child is on ImmTrac?*

**Answer:** Call Comal County Public Health and we'll be able to help you.



**Question:** *What do you do if you find an error on your ImmTrac record?*

**Answer:** Contact one of our ImmTrac Specialists (see below) and they will make the correction.

**Question:** *How do you withdrawal from ImmTrac?*

**Answer:** You can either print a withdrawal form from ImmTrac's website, or request assistance from one of our ImmTrac Specialists.

We have ImmTrac Specialists on Staff!

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

**Maggie Moreno** [morenm@co.comal.tx.us](mailto:morenm@co.comal.tx.us)

**Annie Brown** [brownan@co.comal.tx.us](mailto:brownan@co.comal.tx.us)

**Or you can call them at 830-221-1150.**

*Did you know?*

**All 50 states have a vaccine registry.**

*For instance, California's is called **CAIR**, New York's is **NYSIIS**, Georgia's is referred to as **GRITS**, & Wisconsin's is **WIR**.*



### What is Texas Vaccines for Children?

The Vaccines For Children (VFC) program is a federally funded program that provides vaccines at no cost to children who might not otherwise be vaccinated because of inability to pay. The Center for Disease Control and Prevention (CDC) buys vaccines at a discount and distributes them to grantees—i.e., state health departments and certain local and territorial public health agencies—which in turn distribute them at no charge to those private physicians' offices and public health clinics registered as VFC providers. Children who are eligible\* for VFC vaccines are entitled to receive those vaccines recommended by the Advisory Committee on Immunization Practices (ACIP). These vaccines protect babies, young children, and adolescents from 16 diseases.

A child is eligible for the VFC Program if he or she is younger than 19 years of age and is one of the following: Medicaid-eligible, Uninsured, Underinsured, and/or American Indian or Alaska Native. Children whose health insurance covers the cost of vaccinations are not eligible for VFC vaccines, even when a claim for the cost of the vaccine and its administration would be denied for payment by the insurance carrier because the plan's deductible had not been met.

Texas has our own version of the VFC program, Texas Vaccines for Children (TVFC). There are several TVFC providers in Comal County, including Comal County Public Health.

If you have any questions about TVFC eligibility, or would like to make an appointment, please call one of our friendly immunization clerks at (830) 221-1150.

Information from: <http://www.cdc.gov/vaccines/programs/vfc/about/index.html>

### Public Health History: Epidemics and Social Conditions

In 1848, after studying a typhus epidemic, the German pathologist Rudolf Virchow stated that all epidemics had social causes—most typically poverty, hunger, and poor housing. Virchow believed that improving social conditions would have a positive effect on public health. This important early perspective plays a significant role in today's thinking about public health, especially when there are major health disparities among social classes within an individual society or between rich and poor countries.

From: <http://ocp.hul.harvard.edu/contagion/index.html>

#### How to Reach Us

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](http://www.co.comal.tx.us/health)

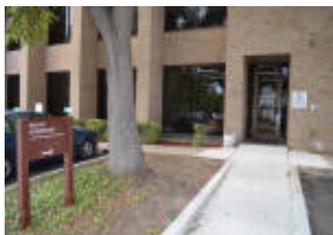
## Your Health Department Offers...

### Call for an Appointment

Monday-Friday

(830) 221-1150

8am-5pm



Serving Comal County for over 50 years!

- Blood Pressure Monitoring
- Response to vaccinations and titers
- HIV/AIDS information
- Screening for TB exposure
- 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
- PHEP Volunteer opportunities

### Bulverde Satellite Clinic

2nd Friday, every other month

By appointment only

(830)221-1150

Minimum attendees required