

FEBRUARY 11, 2011



SD-KHAN KEEPING YOU

www.sdkhan.org

IN THE KNOW

Celebrating Preteen Vaccine Week February 13– 19, 2011

Preteen Vaccine Week is an annual California campaign created to raise awareness of the importance of immunization for "tweens" ages 11 and 12.

The goal of 2011's Preteen Vaccine Week campaign is to raise awareness about California's new Tdap requirement for incoming 7th-12th grade students.

The Advisory Committee for Immunization Practices (ACIP) currently recommends that 11- and 12-year-olds receive these vaccines:

- Tdap (tetanus, diphtheria, pertussis)
- Meningococcal
- Annual flu vaccine
- HPV (human papillomavirus) 3-shot series
- A total of 2 vaccines against chickenpox (varicella)



AB 354—New requirement for students entering 7th-12th grades in 2011

Whooping cough (pertussis) has been widespread in California during 2010. The California Department of Public Health recommends that all Californians 10 years and older receive a booster shot against pertussis (also known as "Tdap"). The new [Assembly Bill 354](#), now requires students to be vaccinated against pertussis.

For the 2011-12 school year only, all students entering 7th through 12th grades will need proof of a Tdap booster shot before starting school.

This requirement:

- Begins July 1, 2011.
- Can be met by having received one dose of Tdap vaccine.
- Applies to all public and private schools.
- Does not affect students enrolled in summer school.



Beginning July 1, 2012, and beyond, all students entering the 7th grade will need proof of a Tdap booster shot to be allowed to start school. For more information visit www.shotsforschool.org

****For parents: Adults are also advised to get a whooping cough booster shot, if they haven't already, to protect themselves, their families, and their students.***

Preteen Doctor Visits

All teens should see their doctor to make sure they are up-to-date on their immunizations. Preteens will receive immunizations that are recommended at their age.

The Centers for Disease Control and Prevention, the American Academy of Pediatrics, and the Society for Adolescent Medicine recommend that all 11- and 12-year-olds get a preteen check-up.

This doctor's visit is a great opportunity for parents and preteens to discuss the challenges of growing up with their health care providers such as:

- eating right,
- standing up to peer pressure
- drugs and alcohol and
- any other concerns

If your child has not yet had a check-up, give them a healthy start as an adolescent and make an appointment today!

The doctor's visit is also a good time for youth to receive any required and recommended immunizations.

If you know any teens that do not have health insurance or their plan won't cover the cost of vaccines, have the family call the County Child Health and Disability Prevention Program (CHDP) at 800-675-2229 and ask about getting a no cost health check-up.

[Click link](#) to download the Teen CHDP brochure



Do you work with 11–19 years old?
Let them know they should be vaccinated
against these serious diseases!

Remind Parents to get their adolescents immunized now to avoid any last-minute rush!



Hepatitis B (HepB)
Measles, Mumps, Rubella (MMR)
Tetanus, diphtheria, pertussis (whooping cough) (Tdap)
Polio (IPV)
Varicella (Var) - chickenpox shot
Hepatitis A (HepA)
Human Papillomavirus (HPV)
Influenza
Pneumococcal disease
[Meningococcal disease](#)

[Click](#) for a list of vaccines teens should have

[Click](#) for a website with links to adolescent vaccine information



Where to refer families in San Diego County for shots

More than 40 clinic sites throughout the county offer free or low cost (depending on ability to pay) shots for children under nineteen years of age. Click on the links below for the locations of clinics near your families.

Community Health Center Clinic Schedules

[iz120e.pdf \(English\)](#)

[iz120s.pdf \(Spanish\)](#)

Because the hours are subject to change, be sure to call first. Remember to bring your child's shot record with you!

County of San Diego Public Health Center Immunization Clinics

Immunization services are available at Public Health Clinic sites. Days and times are subject to change, so please call the site for current information. The public health clinics offer routine childhood and adult vaccines

Regardless of how many shots are given, the cost is \$10 for the clinic visit at San Diego County Public Health Centers and their satellite locations.

Those who cannot afford the fee can sign a fee waiver.

Be sure to take your immunization record to every visit!

Public Health Center Immunization Clinic Locations

[iz9e.pdf \(English\)](#)

[iz9s.pdf \(Spanish\)](#)

Pharmacies in San Diego County

The medical home is the best place for patients to receive vaccines, but when that's not possible nearby pharmacies are an option!

Some pharmacies will bill directly to your health insurance making vaccination easy and affordable; but you should always check with the pharmacy first.

Be sure to ask for documentation of any vaccines you receive at a pharmacy so you can give that information to your doctor.

Pharmacy Lists By Region:

[Central San Diego](#)

[North Central San Diego](#)

[North Coastal San Diego](#)

[North Inland San Diego](#)

[East San Diego County](#)

[South San Diego County](#)





California Dental Hygienists' Association
The Voice of Dental Hygiene

Another reason for teens to get the HPV vaccine. HPV is also linked to Oral Cancer!

ORAL CANCER ON THE RISE AMONG NON-SMOKERS UNDER 50 *California Dental Hygienists' Association Urges Routine Office Screenings*

GLENDALE, Calif. (Jan. 6, 2011) – To quit smoking and drinking remain worthy and recommended public health resolutions for 2011 but they are not enough to prevent oral cancer, the [California Dental Hygienists' Association](#) (CDHA) warned today.

"Tobacco and alcohol use are no longer the only major risk factors for [oral cancer](#)," reports Ellen Standley, CDHA President. "The fastest growing segment of oral cancer victims is the non-smoker under 50 years of age."

The latest statistics indicate that over the next decade, exposure to the Human Papilloma Virus (HPV) will likely replace tobacco as the main causative agent for oral cancer, according to the latest research. The HPV positive group, specifically the strain responsible for cervical cancer, is a rapidly growing segment of the oral cancer population. This new high-risk group includes persons under 40 who have never smoked or abused alcohol.

Key Facts:

- 36,000 new cases of oral cancer are reported annually; that number continues to grow
- There are 8,000 deaths due to oral cancer per year
- Most of the cases of oral cancer are discovered in later stages, with only a 50% survival rate after five years
- When discovered in early stages, treatment has up to a 90% survival rate
- Tobacco, alcohol and human papilloma virus are risk factors

For more information, please visit the following web sites: www.oralcancerfoundation.org; www.nidcr.nih.gov; www.hygienetown.com

San Diego Immunization Registry (SDIZ)

The San Diego Regional Immunization Registry (SDIR), part of the California Immunization Registry (CAIR), is a web-based, immunization tracking system that allows health care providers and other authorized users to access an individual's record of immunizations and thereby determine what additional vaccines s/he needs. Currently, more than 120 sites in San Diego County actively access the SDIR and the list grows daily.

Individuals can also register for access to a secure site to download their or their children's immunization records from the registry. <http://www.sdiz.org/CAIR-SDIR/index.html>

Parents ~ Keep Your Families Immunization Records Online!

San Diego Regional Immunization Registry (SDIR), part of the California Immunization Registry (CAIR) will enter immunization records into the centralized, secure, and confidential database. All you need to do is download and complete the form below:

[IZ148e \(English\)](#)

[IZ148s \(Spanish\)](#)

Once you have completed the form, use one of the following methods to send **both the completed form and a copy of the immunization record**:

US Mail: Immunization Branch, SDIR P.O. Box 85222 San Diego, CA 92186

OR

Send by FAX: (619) 692-6619 or **Email to:** sdir@sdiz.org

Once you have completed the process above and have been notified that your family's immunization records have been entered into SDIR, following the directions to "View Your Records Online!". Click on the link to view or download instructions:

[View-Your-IZ-Records-Online](#) (English)

[View-Your-IZ-Records-Online](#) (Spanish)

For more information, call the SDIR Help Desk at (619) 692-5656.

Resources for Teens

Teens are at the age when they begin making important decisions and are ready to become more involved in their own personal health. If you work with teens you can find resources to education them on immunizations such as:

- An interactive website, www.mybestshot.org, with games, videos and more.
- Vaccine Rap Targeting Preteens ([60sec-MP3](#))
- move into adolescence in a healthy way by staying up-to-date on teen vaccines [CDC](#)
- Meningitis ([podcast](#))
- CDC Health Website for Preteens and Teens www.Bam.gov
- Immunizations Website for Preteens and Teens www.gotmyshot.com/



Resources for Parents

Parents are most likely to be the ones to take their children to their preteen doctor visit and to get shots. If you work with families you can find resources such as letters for parents, and other useful tools at the Immunization Branch's website at www.GetImmunizedCA.org to help you educate your parents.

- Radio PSA Targeting English-speaking Parents of Preteens ([30sec-MP3](#))
- Radio PSA Targeting Spanish-speaking Parents of Preteens ([30sec-MP3](#))
- CHDP Doctor Visit Brochure ([Parent-English](#))
- CHDP Doctor Visit Brochure ([Parent-Spanish](#))
- Preteen and Adolescent Immunization Information <http://www.cdc.gov/vaccines/spec-grps/preteens-adol.htm#shouldknow>
- Recommended Preteen and Adolescent Immunization Schedule www.cdc.gov/vaccines/recs/schedules/child-schedule.htm#printable
- **How Vaccines Prevent Disease** www.cdc.gov/vaccines/vac-gen/howvpd.htm



Resources for Schools

If you work at a school there are materials that you can use including activities and a lesson plan on why preteen vaccines are important to encourage preteens to talk with their parents about seeing a doctor and getting vaccinated or you can share information and resources with parents.

- www.GetImmunizedCA.org
- CHDP Doctor Visit Brochure ([Parent-English](#))
- CHDP Doctor Visit Brochure ([Parent-Spanish](#))
- www.ShotsForSchool.org **NEW!**
- [PowerPoint Presentation for Preteens](#)
- [2011 Preteen Vaccine Week Educational Activities](#)



Community Announcements

Health Literacy Training Front and Back Office Medical Staff



a project of:
COMMUNITY HEALTH
IMPROVEMENT PARTNERS
making a difference together

More than 400,000 San Diegans read below the fourth grade level.

This training is a great opportunity to educate your staff on how to **improve services** through enhanced communications with clients.

Health Literacy San Diego, a joint project of Community Health Improvement Partners and the San Diego Council on Literacy, has designed a training program that helps healthcare personnel to recognize patients with low health literacy and improve services for them.

Attendees of this training will:

- Define health literacy and understand its impact on patient outcomes
- Identify methods to recognize patients with low health literacy
- Learn evidence-based methods and strategies used to communicate with patients with low health literacy

This interactive, hour-long training can be adapted to your setting and comes at no cost.

Contact Beth Ruland, Health Literacy Coordinator, at bruland@sdchip.org or 858.609.7967 for more information, or to schedule a Health Literacy training. [Click for Health Literacy flyer](#)

Maternal, Child and Adolescent Health Day 2011 Conference- Save the Date

“I TREAT ALL MY PATIENTS THE SAME”

Addressing health care disparities through increased awareness of provider perceptions and patient/client experiences.

PURPOSE

- Improve quality of care to reduce health disparities among all race/ethnic groups
- Identify cultural, linguistic, and literacy issues that contribute to disparities within racial and ethnic minority populations
- Recognize, develop, and promote effective strategies to eliminate gaps in care

WHO SHOULD ATTEND?

- Healthcare providers, nurses, social workers, health educators, community health workers, and other public health professionals

KEYNOTE SPEAKER:

Dr. Evelyn Lewis & Clark
National Medical Association/
Cobb Research Institute

WHEN: Wednesday, April 13, 2011
WHERE: Coronado Community Center
1845 Strand Way
Coronado, CA 92118
TIME: 12:30 PM – 5:00 PM

NO COST
CE's PENDING
CONFERENCE REGISTRATION AND
DETAILS TO FOLLOW

Conference Registration Forms will be available soon

[Click for MCAH Save the Date](#)