

RIVERSIDE UNIVERSITY
HEALTH SYSTEM
PUBLIC HEALTH
IMMUNIZATION PROGRAM
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The Immunization Newsletter for Parents



SUMMER 2016

Our Newsletter's Aim:

Our newsletter provides important information to keep parents current on immunizations across the lifespan. Part of our goal at the Immunization Branch is to provide as much helpful information and resources to keep you, your family and community members safe and healthy.

In this Issue:

- ◆ Preparing Preteens & Teens
- ◆ Getting Ready for Summer
- ◆ Protect Your Baby
- ◆ Parental Guidance
- ◆ Before Going Back To School

Upcoming Campaigns

August

National Immunization
Awareness Month

National Breastfeeding Month

August 1-7

World Breastfeeding Week



Preparing Ahead For Preteens & Teens

Ensure your preteen or teen is prepared for their future by making sure they are up-to-date with their immunizations. Immunizations protect the person and the people around them from vaccine preventable diseases. The recommended vaccines for ages 7-18 years are:



- ◆ HPV– 3 doses
- ◆ Flu– annually
- ◆ Tdap– 1 dose
- ◆ Meningococcal– 2 doses

Check your child's immunization record to see if they are up to date.

Getting Ready For Summer FUN

The time has come, the children are out of school and ready to play! This summer before making plans for some fun outdoor activities, remember that the summer weather can be dangerous. To ensure your family enjoys this time of the year keep the following safety measures in mind:



- ◇ Drink plenty of water, it is important to stay hydrated during outdoor activities in the heat.
- ◇ Wear sunblock to protect against the sun's UV rays, which can cause sunburns or damage to your skin.
- ◇ Ensure supervision is present during water activities to prevent injuries.

For more information to be safe this summer visit the Centers for Disease Control and Prevention website:

<http://www.cdc.gov/family/kids/summer/>

Healthy Recipe: Going Bananas Snack

Ingredients:

- 2 TBS peanut butter
- 1 Tsp honey
- Pinch of salt (optional)
- 1 whole wheat bagel sliced and toasted
- 1 small banana sliced

Directions:

1. Mix peanut butter, honey and salt in a small bowl.
2. Spread mixture on each slice of toasted bagel halves.
3. Place banana slices on top of the peanut butter halves and enjoy!



Protect Your Baby Before They Are Born

Getting the flu vaccine when it is available will protect mom and baby against the flu. The Tdap vaccine is recommended for pregnant women to receive during the third trimester, between 27-36 weeks. The Tdap vaccine will also protect mom and baby from whooping cough. Once the baby is born he or she can continue to be protected by getting the Tdap vaccine between 11-12 years of age. For more information to share on infant and child vaccines please visit the following website:



<http://rivcoimm.org/ServicesInfantsChildren.aspx>

Parental Guidance

Parents after all of the hard work that you do, don't forget adults need vaccines too! With busy work schedules, tackling school, and family, it can be easy to forget to visit your doctor. As a helpful reminder, there are vaccines recommended for all ages. Check with your provider to see which vaccines are needed to keep you on the right track for your health. For more information on adult vaccines go to the following website:



<http://rivcoimm.org/Services/Adults.aspx>

Before Going Back To School

The vaccines your child receives continues to protect them from illnesses and diseases when they are kept up-to-date. Vaccines are safe and protect your child and the people who come in contact with them, such as teachers and classmates. To see what vaccines are needed for school entry please visit:

<http://www.shotsforschool.org/>

