

RIVERSIDE UNIVERSITY
HEALTH SYSTEM
PUBLIC HEALTH
IMMUNIZATION PROGRAM
PO BOX 7600
RIVERSIDE, CA 92503

The Immunization Newsletter for Parents

SPRING 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:

- ◆ National Infant Immunization Week
- ◆ Eating Right & Exercise
- ◆ Healthy Recipe
- ◆ Adults Need Vaccines Too

Upcoming Campaigns

MARCH

National Nutrition Month

APRIL

World Health Day

APRIL 23-30

World Immunization Week

APRIL 24

World Meningitis Day

MAY

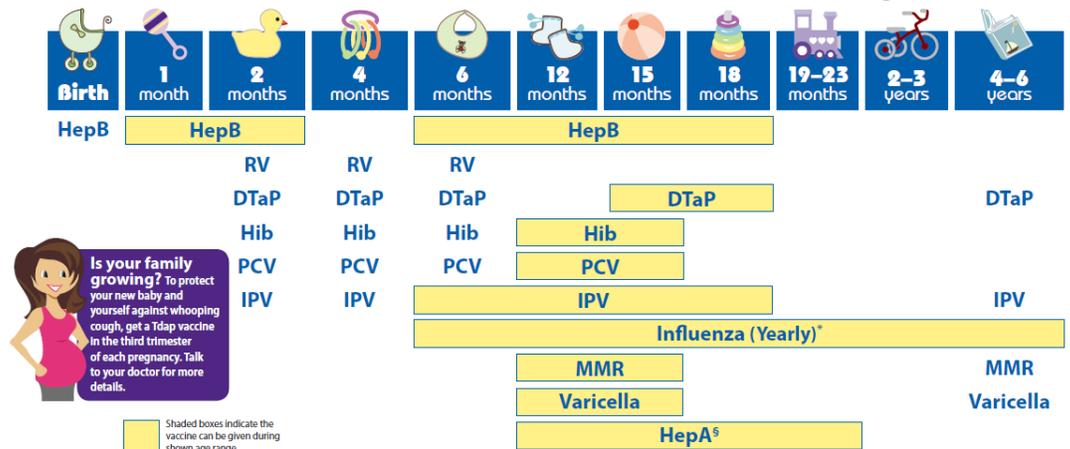
Hepatitis Awareness Month



National Infant Immunization Week

April 16-23, 2016 is National Infant Immunization Week. During this time it is important to remind parents and families the importance and protection of vaccines. Vaccines are safe and can protect infants and children from 14 vaccine-preventable diseases before age two. Parents take this opportunity to check your infant's "Yellow Card" to see if they are up to date with their vaccines. If you have any questions regarding the vaccines your child needs, always talk to your doctor for more information. Pictured below are recommended vaccines for children from birth to 6 years old to be used as a reference. You can participate in National Infant Immunization Week this year by sharing this information to your family and friends to help protect them from vaccine preventable diseases.

2016 Recommended Immunizations for Children from Birth Through 6 Years Old



NOTE: If your child misses a shot, you don't need to start over, just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions about vaccines.

FOOTNOTES: * Two doses given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.
[§] Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 to 18 months later. HepA vaccination may be given to any child 12 months and older to protect against HepA. Children and adolescents who did not receive the HepA vaccine and are at high-risk, should be vaccinated against HepA.
 If your child has any medical conditions that put him at risk for infection or is traveling outside the United States, talk to your child's doctor about additional vaccines that he may need.

SEE BACK PAGE FOR MORE INFORMATION ON VACCINE-PREVENTABLE DISEASES AND THE VACCINES THAT PREVENT THEM.

For more information, call toll free
1-800-CDC-INFO (1-800-232-4636)
or visit
<http://www.cdc.gov/vaccines>



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



American Academy
of Pediatrics
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For more information visit the Centers for Disease Control and Prevention (<http://www.cdc.gov/vaccines/events/niiw/index.html>) and/or Riverside University Health System-Public Health Immunization Program (<http://www.cdc.gov/vaccines/parents/downloads/parent-ver-sch-0-6yrs.pdf>).

DID YOU KNOW?

1. Adults need vaccines too!
2. Vaccines can protect children from 14 vaccine preventable disease before the age of 2.
3. Diets don't always lead to weight loss.
4. Healthier choices can create an impact on your lifestyle.
5. March is National Nutrition Month.
6. April 16-23, 2016 is National Infant Immunization Week.

Vaccines for Children

20 years of protecting America's children

The Vaccines for Children program was established in 1994 to make vaccines available to uninsured children. VFC has helped prevent disease and save lives...big time!



CDC estimates that vaccination of children born between 1994 and 2013 will:

prevent **322 million** illnesses

help avoid **732,000** deaths

save nearly **\$1.4 trillion** in total societal costs (includes 2010-2019 estimates)

more than the current population of the entire U.S.A.

equal half the population of Texas, WA.

or 14.4% of the U.S. population



www.cdc.gov/features/vfcprogram



EAT RIGHT & EXERCISE

Diets do not always lead to weight loss and a healthier you. Making better food choices and eating in moderation combined with exercise are ways you can develop a healthier lifestyle. Start by replacing junk food with healthy snacks and meals. Nourishing your body with fruits and vegetables will create a healthy impact on getting fit and losing weight. Next, start with a simple exercise and then gradually increase your intensity. This will put you on the right track to a healthier lifestyle! It is never too late to start eating right and exercising. For more information on making healthier choices and ideas for exercise go to (http://www.cdc.gov/healthyweight/physical_activity/index.html).

Substitute Fries with Carrots: Carrot Fries Recipe

Ingredients

- 1 pound of carrots
- Cooking spray
- Salt and pepper to taste

Directions

Preheat oven to 400°F.

Peel the carrots and cut them into strips about 1/4-inch thick and a few inches long.

Coat a baking pan with cooking spray and spread the carrots onto it. Sprinkle with salt and pepper to taste on both sides.

Bake for 30 minutes or until lightly browned.



Adults Need Vaccines Too

Vaccines are not just for children from birth to 18 years of age. Adults need vaccines too! Adults should check with their doctor to see if they are up to date with their vaccines. Some of the recommended vaccines for adults are flu, Tetanus, Diphtheria, Pertussis (Tdap), Varicella, Human Papillomavirus (HPV), Zoster, Measles, Mumps, and Rubella (MMR), and Pneumococcal (PCV13 and PPSV23). Vaccines are essential in keeping people of all ages safe from vaccine preventable diseases but also yourselves. For more information about vaccines by age group go to Riverside University Health System-Public Health, Immunization website (<http://rivcoimm.org/Services.aspx>).

