TMA’s Be Wise — Immunize

Tammy Wishard
TMA Outreach Coordinator
Launched in 2004

- Improve Texas’ immunization rates
- Provide resources for partner coalitions, physicians, and patients
Message: Immunizations are important, safe, and effective.
TMA’s Be Wise — Immunize

Program expansion

• 2004 — Children
• 2008 — Adolescents
• 2010 — Adults via health care worker
• 2012 — General adult population
Be Wise Volunteer Network

TMA’s Family of Volunteers

- Physicians
  - 45,000 Members
- Medical Students
  - 9 Medical Schools
- TMA Alliance
  - 28 Organized Alliances
- CMSs
  - 120 County Medical Societies
Be Wise Volunteer Network
Be Wise Events

- Education
  - Empower parents, patients
  - Debunk myths, provide facts
  - Can be stepping stone to shot clinic
- Immunization clinic
Be Wise Vaccination Clinics

TMAA/medical students organize 90 percent of shot clinics. Events: year-round or back-to-school
Be Wise Vaccination Clinics
Building Volunteer Network

- Networking/build relationships
- Identify local champions
- Support local champions
Building Volunteer Network

- Networking/build relationships
  - Make presentations to TMA family
  - Promote Be Wise through TMA publications
  - Work with other immunization partners
TMB REFORM

Bills by Sens. Jane Nelson and Joan Huffman, Reps. Susan King and Charles Schwertner, MD, end anonymous complaints at medical board, give physicians due process without endangering liability reform
Building Volunteer Network

- Identify local champions
  - Understand community
  - Know key stakeholders
  - Help secure resources
Local Immunization Champion
Medical Student Champion
Building Volunteer Network

- Support local champions
  - Routine contact
  - Resources for events
  - Help them connect the dots
TMA Giving Back

TMA Giving Back is a publication for TMA physicians, county medical societies, alliance members, and medical students who are interested in putting TMA’s outreach programs into action.

Vol. 2, No. 1
January 2012

New Year’s Resolution: Plan a TMA Outreach Event
If “giving back” made your list of New Year’s resolutions, TMA’s outreach programs — Hard Hats for Little Heads bicycle helmet giveaway program and Be Wise — ImmunizeSM — are a perfect fit. Get involved for the first time or expand your efforts in 2012.

Contact Tammy Wishard, TMA’s outreach coordinator, at (512) 370-1470 to start planning your event. And if you want to support the programs, you can make a donation to the TMA Foundation, which funds both programs.

March: National Brain Injury Awareness Month
National Brain Injury Awareness Month, previously in October, has moved to March. So start planning your 2012 event now. Let TMA know your plans so we can list your giveaway on our calendar and in our news release to announce events. Check out these ideas for successful events.

Be Wise Event 101
TMA has a new tool to help you plan your Be Wise event: the Be Wise — Immunize Quick Start Manual: A Step-by-Step Vaccination Outreach Guide. Check out the easy-to-follow, four-page handout to plan your educational event or free/low-cost shot clinic, or start an immunization coalition. If you’d like a hard copy, contact Tammy Wishard. Thanks to TMA’s Immunization Coalition Work Group members who provided expert advice on the development of this resource.

Fit Helmets at Your Giveaway
When planning your helmet giveaway, be sure to allow enough time to fit the helmets and to have enough volunteers trained to do the fitting. TMA wants helmet recipients to walk away with a properly fitted helmet, the key to preventing up to 85 percent of brain injuries. And remember to order the Hard Hats DVD to help train volunteers and educate kids/parents about proper fit.

New Vaccine Fact Sheets
Flu, Pertussis, Childhood vaccinations, Adolescent vaccinations, Adult vaccinations. Check out TMA’s growing family of vaccine fact sheets to help educate the public that vaccinations are important, safe, and effective. The fact sheets were created or updated in 2011 and are great for use at health fairs and in physician offices. Look for HPV and meningococcal fact sheets later this...
TMA’s Be Wise — Immunize Program

TMA’s Be Wise — Immunize Program Launches August Vaccination Clinics

For Immediate Release
July 29, 2011

Contact: Pam Udell
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Click here to follow TMA on Twitter or visit TMA on Facebook.

WHAT: Texas Medical Association’s (TMA’s) Be Wise — Immunize program announces vaccination clinics across Texas to shield children from harmful and potentially deadly diseases.

WHEN: Aug. 1-Sept. 2

WHERE: Your community and others across the state (see schedule below)

WHO: TMA physicians, medical students, TMA Alliance members, county medical societies (CMSs), and community immunization coalition leaders

WHY: Vaccines protect children and can potentially save lives. August is National Immunization Month, and kids need their shots before heading back to school. TMA is gearing up to provide vaccinations and educate children and parents about the importance of immunizations.

TMA’s Be Wise — Immunize program has given Texas children more than 217,700 shots since the program began in 2004. The work of be Wise and other immunization initiatives has paid off: Texas infant vaccination coverage for children aged 19-23 months improved 15.5 percentage points from 2004 to 2008, the highest percentage change in the nation.

TMA’s Be Wise — Immunize Schedule: August 2011

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Local Sponsor</th>
<th>Location &amp; Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/3</td>
<td>Beevedale Health Dept. Extended Hours (Low-cost vaccinations)</td>
<td>Brown Co. Immunization</td>
<td>Brownwood Health Dept., 510 E. Lee, Brownwood, Health Dept.</td>
</tr>
<tr>
<td>8/4</td>
<td>Immunization Clinic (Free vaccinations)</td>
<td>Travis CMS Alliance</td>
<td>UT Children’s Wellness Center, 2001 Ross Rd., No H, Del Valle, 8 am-noon, 1-5 pm.</td>
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<tr>
<td>8/5</td>
<td>Texas Health Science Fall (Low-cost vaccinations) held in conjunction with TMA’s Hard Halls for Little Hands bike helmet giveaway</td>
<td>Lubbock CMS Alliance, Texas Tech University Health Sciences Center, Family Medicine Clinic</td>
<td>Texas Tech U. HSC/Family Medicine Clinic, 1st Floor, Lubbock, 9am-6pm</td>
</tr>
<tr>
<td>8/6</td>
<td>Hispanic Wellness Fair (Low-cost vaccinations)</td>
<td>Tarrant CMS Alliance, Immunization Collaboration of Tarrant County</td>
<td>Will Rogers Civic Center, 2401 W Lancaster Ave., Fort Worth, 10am-2pm.</td>
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<tr>
<td>8/7</td>
<td>Immunization Clinic (Low-cost vaccinations)</td>
<td>Brown Co. Immunization</td>
<td>Brownwood Health Dept., 510 E. Lee, Brownwood, Health Dept.</td>
</tr>
<tr>
<td>8/9-10</td>
<td>Beevedale Health Dept. Extended Hours (Low-cost vaccinations)</td>
<td>Brown Co. Immunization</td>
<td>Brownwood Health Dept., 510 E. Lee, Brownwood, Health Dept.</td>
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Be Wise Vaccination Clinics
Immunization Event Resources
Immunization Event Resources

Quick Start Manual

Help Improve Vaccination Rates in Texas

Start today. Decide what type of immunization project interests you:
• (i) A free or low-cost shot clinic
• (ii) An education-only event
• (iii) An immunization coalition
Then, follow the event-specific information in this step-by-step guide.

Free or Low-Cost Shot Clinic Checklist
The two most important items you must have to host a shot clinic are vaccines and volunteers.

Free vaccine: Available through a Texas Vaccine for Children (TVFC) provider. Use the TVFC provider to contact your local health department or health authority, county medical society, pediatrician, hospital, community clinic, medical school, and/or immunization coalition. To find your health department, visit www.txdhhs.com.

Volunteers: Are necessary to record a child’s immunization history and identify what shots the child needs, and help with shots, logistics, and traffic flow. And you can’t have a vaccination clinic without nurses to give the shots.

Arrange an Action Plan: Take time to complete a thorough action plan to help you organize the critical elements of your event, including:
• Audience: Who do you want to immunize — children, adolescents, or adults? What illnesses do you want to vaccinate against — all childhood preventable infectious diseases, meningitis, or a flu shot focusing on one age group for the event or on a particular preventable disease, such as the flu, as a way to get the public’s attention to vaccine-preventable illnesses.
• Price: Are you going to give shots at no cost or for a small fee?
• Partners: Who is going to help you organize the cost of the event? A shot clinic can be a daunting task, made easier if you have others to help plan and execute logistics. Possible partners are civic groups, a medical school, your county’s medical society or association, faith-based organizations, and public health groups. They may be willing to volunteer time, supplies, or expertise, and help publicize your event.
• Evaluation: Determine how you will evaluate your success.

• Secure a location: A safe location could be a school, mall, community center, church, or other easy-to-find place in your community. You may want to piggyback with another event, such as a school’s health fair, so you can use their location to easily accessible and free parking.

Order vaccine: Decide how much vaccine you will need for your event. Be sure to tell your vaccine provider how much you need and when you need it. Check with your state health department or local immunization coalitions.

Arrangement for vaccine storage: Vaccine must be stored in a refrigerator. It is sure you have a place to adequately store your vaccine at the event at the correct temperature.

Secure volunteers: A shot clinic requires three types of volunteers:
• Immunization record readers: Who can identify which shots are needed, particularly for infants and children. Often parents will hand their child’s record to the volunteer so he can read it.
• Nurses: To give the vaccinations. Ask event planners (pharmacists, health department, clinic/hospital, immunization coalition, mobile van) if they have nurses available. Be sure to check if the nurses have liability coverage provided through their employer.

Logistics handlers: Volunteers are needed for registration, traffic flow, updating immunization records, and entertaining children. A good volunteer source is high school, college, or middle school employees.

• Decide how to record vaccinations: Determine if you will record vaccinations in Immunize Texas’ immunization registry, in a local immunization registry, or on potential immunization records. Immunize Texas requires health-care providers who administer immunizations to maintain their records (younger than 18 years of age) to report the data to the Department of State Health Services within 30 days of the event.

• Solicit in-kind donations: Ask local businesses, civic leaders, and event partners for assistance in covering expenses. Instead of money, they can provide volunteers, photography, supplies, tables, advertising, help with media, and the like.

• Reserve the Be Wise mascot: Children love mascots. Reserve Be Wise the Be for your event. You must order Be Wise’s clothing at least four to six weeks in advance, so you know the date of your event, especially if you are selling his event in August when Be Wise is in high demand.

• Order Be Wise supplies: At least one month before your event, order Be Wise supplies. We recommend purchasing the event kit, which includes coloring/activity sheets for the children, game cards, such as stickers and crayons, and adhesive bandages.

• Promote your event: To help get the word out, send a newsletter to your local media a week or two before. You can promote your event in your community calendars. Ask local churches, schools, and public health departments to promote your event. Use social media — Facebook, Twitter, and YouTube — to get the word out too.

• Alert the media: Contact media to cover your event or send a news release at least one to three days beforehand. Be sure to have immunization materials for the media and be ready to answer questions.

• Contact stakeholders: Invite your state legislator and civic leader to your event so you can ask the family of medicine to put prevention into action. Your lifeguard and civic leader even might fill up their sleeves and help you out.

• Secure a photographer: In order to get a signed photo release from parents so TMA can use the photos on their website and in our publications, for photos that reproduce itself in your community on high-resolution. Photos of patients in white coats or nurses giving shots, children with Be Wise, and other action shots are best. After your event, send photo releases to TMA along with your photos.

• Train volunteers: Schedule a training session at least one week prior to your event.

• Evaluate: Be sure to record the number of attendees and vaccinations given at your event to report to Immunize Texas. After the event, complete an event survey provided by TMA. Also, endorse newspaper articles and other media coverage so we can share these with Be Wise program leaders.

The Be costume, giveaways for children, and educational materials were a great addition to our immunization fair.” — Katherine Gray, University of Texas Southwestern Medical School

Event Ideas
• Secure a health fair or community event to clean-up and/or vaccination information.
• Partner with a health department or clinic to assist with the shot clinic (handle traffic flow or registers, orientate parents, distribute information).
• Sponsor or assist with a back-to-school health fair to include vaccinations.
• Add vaccinations to sport physical events for students.
• Work with a school nurse to offer required middle school vaccinations in school.
• Try a shot clinic with a high school college night to get the word out about your immunizations are fully vaccinated.

Medical Student Event Tips
• Have a checklist, contact physician and administrative staff at your school to interview these questions:
• Does the school have a protocol for student immunization events?
• Can medical students give the shots?
• Does the school’s liability insurance cover their patients?
• Does the event occur at an off-campus entity, such as a health clinic? TFM policy is to get a signed photo release from parents so TMA can use the photos on their website and in our publications, for photos that reproduce itself in your community on high-resolution. Photos of patients in white coats or nurses giving shots, children with Be Wise, and other action shots are best. After your event, send photo releases to TMA along with your photos.
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Quick Start Manual

Texas Medical Association
Immunization Event Resources

Local-Impact Grants

• New in 2012
• Help fund vaccination clinics
• Awarded four grants in April
  • Two new clinics
  • Two expanded programs
Outreach Tools: Mascot

Beatrice the Bee helps take the sting out of shots for children attending Be Wise – Immunize events. The mascot also can attract children and parents to your booth or event. Bring your event to life by borrowing a costume from TMA.
Fact Sheet: Childhood Vaccinations

Protect young children from preventable and possibly fatal diseases. Texas physicians want you to know the facts — vaccines are important, safe, and effective.

### The Facts About Childhood Vaccines

**Vaccines don’t cause autism.** No scientific evidence or study proves a direct link between vaccines and autism or any other behavioral disorder, and the one study that claimed to have found one was an “unscientific” one that has been discredited.

Still, myths continue to spread. When parents don’t vaccinate their children, they expose them — and other children they come into contact with — to harmful diseases. It also opens the door for the return of deadly diseases vaccines have eliminated.

**Vaccines are important.** Measles, whooping cough, and other diseases can be extremely serious, even deadly for infants and young children. Even diseases believed to be mild, like distemper, can cause lasting problems.

Chickpea poisoning may not be as common as people think, but it can lead to skin infections and death. Mumps, puppy measles, and chickenpox are other diseases that can become very serious and be life-threatening. Children who are vaccinated will not be exposed to these vaccines because of complications.

**Vaccines are safe.** Study after study has shown vaccines to be safe. Doctors cannot use a vaccine unless the U.S. Food and Drug Administration (FDA) has approved it as safe and effective. Even after the FDA approves a vaccine, it continues to study its safety.

Some children can have side effects from a shot, just as they can from any other medicine or treatment. The most serious side effects are rare and temporary, such as a sore arm or fever. Choosing not to vaccinate your child can result in tragedy.

**Vaccines are effective.** Vaccines have wiped out or greatly reduced the number of diseases. For example, smallpox has been eliminated from the world, and pertussis and polio are now rare.

**The facts about childhood vaccines:**

1. **Vaccines don’t cause autism.**
2. **Vaccines are important.**
3. **Vaccines are safe.**
4. **Vaccines are effective.**

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**La verdad sobre las vacunas de la infancia**

**Las vacunas no causan autismo.** No hay ninguna evidencia científica sobre el tema. No se ha demostrado que las vacunas causen autismo o cualquier otro trastorno del comportamiento. El único estudio que lo afirmó fue un estudio “inapropiado” que se ha desechado.

Por lo tanto, los niños no han experimentado enfermedades mortales — y tampoco exponen a otras enfermedades que pueden causar enfermedades permanentes que las vacunas han eliminado.

**Las vacunas son importantes.** Los niños y los niños pequeños, ya sea en el hogar, en la escuela o en cualquier otra parte, son los niños más vulnerables. Las vacunas pueden ser la única protección que tienen contra enfermedades que pueden ser mortales.

**Las vacunas son seguras.** La seguridad de las vacunas es una prioridad, y las vacunas se someten a pruebas exhaustivas antes de ser aprobadas por la FDA.

**Las vacunas son eficaces.** Las vacunas han eliminado la pequeña y la meningitis en los Estados Unidos. Pero hay otras enfermedades que pueden prevenir y son mortales, y todos los niños deben recibir vacunas. Es importante saber que las vacunas son seguras y eficaces.

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**Texas Medical Association**

Be Wise — Immunize.®

Preventing Care for Toddlers

**English**

**Spanish**
Fact Sheet: Adolescent Vaccinations

English

The Facts About Adolescent Vaccines

Vaccinations are important. Like eating healthy foods, being active, and getting regular check-ups, vaccines play a vital role in keeping adolescents healthy. Yet many adolescents are not vaccinated as recommended, leaving them vulnerable to serious illnesses, serious medical complications, and even death.

The Centers for Disease Control and Prevention recommend specific vaccinations for your patient’s age to protect against diseases and infections that pose a greater risk for them, such as meningitis.

Vaccines are safe. Study after study has shown vaccines to be safe. Doctors cannot use a vaccine unless the U.S. Food and Drug Administration (FDA) has approved it as safe and effective. Even after the FDA approves a vaccine, it continues to be studied to ensure its safety.

Vaccines build your immune system to fight disease. Some adolescents can have side effects from a shot, just as they can when taking a medication. But most side effects are minor and temporary, such as a sore arm or fever. Some symptoms may mimic a disease, such as a fever and bumps after a chickenpox vaccine.

Your adolescent needs vaccines. Vaccines protect adolescents from meningitis and HPV. But, keeping your child up-to-date on his or her vaccines keeps the entire community healthy.

Adolescents need vaccinations. Even though your adolescent may have had all recommended vaccinations as a baby or young child, many vaccinations are needed as he or she enters adolescence. Recommended vaccines are recommended for adolescents 11 and 12 years.

• Meningococcal disease – Protect against meningitis and other serious illnesses (booster dose needed at 16 years of age).
• Influenza – Protects against cold-like illness, nausea, and fever.

Help your tweens and teens stay healthy to adulthood. Texas physicians want you to know the facts: vaccines for adolescents are important, safe, and effective.

Spanish

La verdad sobre las vacunas para los adolescentes

Los adolescentes necesitan vacunas. No ser vacunado puede tener consecuencias graves e incluso la muerte. La vacunación es una de las medidas preventivas más importantes para mantener la salud de los adolescentes y de toda la comunidad.

Las vacunas no son perjudiciales. Un estudio ha demostrado que las vacunas son seguras. Los médicos no pueden usar una vacuna si no está aprobada por la FDA. Incluso después que la FDA aprobó una vacuna, se continúa estudiando para determinar que es segura.

Las vacunas no son efectivas. Algunos adolescentes pueden presentar efectos secundarios, pero estos son temporales y suelen pasarse. No hay efectos secundarios que puedan causar daño a largo plazo.

Las vacunas no son adecuadas para todos. Algunas personas no pueden recibir ciertas vacunas. Es importante hablar con su médico antes de recibir una vacuna para asegurarse de que es segura.

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Fact Sheet: Adult Immunizations

The Facts About Adult Vaccinations

Vaccinations are important. Vaccinations aren’t just for children. Adults need vaccinations too, to protect themselves and those around them from preventable diseases. You may need as many as 10 vaccines recommended by the Centers for Disease Control and Prevention (CDC) depending on your age, gender, health condition, and vaccination history. Ask your physician what vaccinations you need.

You might need additional vaccinations for employment and international travel. Check with your doctor at least two months before a trip and visit the CDC travel page at www.cdc.gov/travel.

Vaccinations are safe. Vaccines prevent disease and save lives. One of the top public health achievements in the first decade of the 21st century is vaccination to prevent infectious diseases. All recommended vaccines are approved by the U.S. Food and Drug Administration (FDA) and FDA-approved vaccines continue to be studied to ensure their safety.

Vaccinations are effective. We no longer hear about the debatable effects of poisons or additives because vaccines have been so successful in preventing and eliminating these dangerous diseases. Vaccines build your immune system to fight diseases. You may have a temporary reaction to a vaccination, such as a sore arm or fever, but this is an immune response to the vaccine and not the disease itself. When people get vaccinated, these diseases can disappear, as seen in recent outbreaks of measles and pertussis.

Vaccinations save money. Most health plans cover some or all of the cost of your recommended vaccines. Plus, vaccines save you and your community money. CDC estimates every $1 spent on immunization saves $10 in medical and other costs, such as losses caused by missed work, disability, and/or death.

The best way to keep up with your vaccinations is to have a permanent immunization record. A vaccine record helps you and your doctor keep up with your vaccinations. If you move or change doctors, this record will help you avoid repeating or missing vaccinations. It also helps your doctor know when you’re due for vaccination.

The Texas Department of State Health Services uses Immunization Information Systems of all ages to track all immunizations. A confidential, electronic registry to register all your doctor or downloaded the adult consent form at www.tshs.dshs.state.tx.us.

Vaccinations Adults May Need

Influenza: Seasonal flu Annually for all adults
Varicella: Chickenpox, zoster Once adult before age 2 or 3 months after initial varicella vaccination
Pneumococcal: Serious illnesses, such as pneumonia and blood infections, caused by pneumococcal disease Once adult at age 50
HPV (human papillomavirus): Cervical, vaginal, and anal cancers, and genital warts
Hepatitis A and B: Liver diseases Ask your doctor about getting these vaccines

Be Wise — Immunize™

Preventable diseases are a major cause of avoidable deaths. When you get immunized, you help protect yourself and others.

To learn more about immunization information, contact your local health department or visit www.immunize.org.

La verdad sobre las vacunas para adultos

Las vacunas son importantes. Las vacunas no son sólo para los niños. En el mundo hay muchas necesidades para garantizar la salud de todos los adultos. Las vacunas de adultos incluyen vacunas para enfermedades infecciosas como el virus de la varicela (Varicella), la inmunización para neumococo, la hepatitis A y B, la influenza, y otras vacunas recomendadas por el CDC y la Comisión de Enfermedades (CDR) recomendada que tengan de 10 vacunas en su momento de vacunación y servicios de salud, sexo, estilo de vida, y la protección contra enfermedades. Prohibir a un médico exige vacunas que usted necesita recibir.

También puede necesitar otras vacunas por su trabajo o a viajes internacionales. Consulte a su médico por lo menos dos meses antes de viajar, y visite la página web del CDC para obtener el recuento de viajes de CDC.

Las vacunas no son seguras. Las vacunas protegen de las enfermedades y viven vidas. Uno de los listados más importantes de la salud pública en el primer decenio del siglo XXI es la vacunación para proteger enfermedades infecciosas. Todas las vacunas recomendadas son aprobadas por FDA (la Administración para Alimentos y Medicamentos de los Estados Unidos), y después que FDA aprueba las vacunas se continúa estudiando para determinar con certeza que sean seguros.

Las vacunas no son efectivas. No se sabe con certeza qué los efectos adversos a corto plazo de las vacunas son cada vez más mínimos en prevalencia y eliminado otras enfermedades que padecen las vacunas. Esto hace muchas investigaciones de lo que podría constituir las enfermedades. Usted puede tener una inmunización temprana a la vacuna como enfermedad de la fiebre, pero esto es una respuesta inmunológica a la vacuna y no es la enfermedad. Si usted no se vacuna, estas enfermedades pueden reaparecer, porque ya ha tenido las enfermedades de la vacuna.

Las vacunas se administran dosis. La mayoría de las personas tienen dosis de vacunas cada año y se basan en las recomendaciones. Además, las vacunas se administran dosis en el momento en que se disuelve el virus. También se puede cambiar de una inmunización a la vacuna. También puede tener una vía de administración para la vacuna. Esto se puede administrar a través de la boca o la nariz.

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La mejor manera de recordar cuando están las vacunas es de tener un registro permanente de las vacunaciones. El registro de vacunación puede ayudar a recordar las vacunas que se deben recibir y si se ha recibido una vacuna. Usted se puede ayudar a recordar vacunas en su momento de vacunación o en el momento de vacunación. También se puede enviar un recordatorio a su médico o a la vacuna. También puede tener un registro de inmunización disponible en línea.

El Departamento Estatal de Servicios de Salud de Texas urge los niños de 10 vacunas para protegerse de todas las enfermedades en el mundo. Los niños de 10 vacunas recomendadas por el CDC. Para obtener más información, póngase en contacto con su médico o el Servicio de Vacunas de Texas. Para obtener más información, visite www.immunize.org.

Texas Medical Association
Fact Sheet: Flu Vaccination

The Fl is a Serious Illness. The flu, scientifically known as influenza, is a highly contagious respiratory virus that can infect your nose, throat, and lungs. The flu is much more severe than a common cold and can keep you sick for seven to 10 days. Every year, as many as 20 percent of the population — people of all ages — get the flu.

The flu can be especially harmful for older people, young children, pregnant women, and people with chronic medical conditions, like diabetes, or kidney, heart, or lung disease. Mild to severe symptoms usually come on quickly, and can include fever, chills, cough, and body aches. Some 200,000 people are hospitalized each year from flu-related illness, such as pneumonia, some even die. While most healthy people recover from the flu, you can infect others around you, who might suffer from severe illness.

A yearly flu vaccination is important. The single best way to avoid flu illnesses is to get a flu vaccination each year. The flu viruses change from year to year, so you need a vaccination annually to protect you and others from getting sick. Health experts recommend everyone who gets vaccinated for the flu. The only exception is babies who are younger than six months of age. Two types of flu vaccines are available — the flu shot and nasal spray flu vaccine. Talk with your doctor about whether the flu shot or nasal spray is right for you.

The Flu Shot Will Not Give You the Flu. You cannot get the flu from a flu shot. Although some people may become sick with flu-like symptoms after getting a flu vaccination, they probably were infected with a different virus. Others were infected with the flu virus before the flu shot took effect, which usually takes up to two weeks to provide the most protection. The most common side effect of the shot is soreness at the injection site, which resolves within two days.

Flu shots are especially important for pregnant women. It's more likely to be severe for pregnant women than for those who are not pregnant. Changes in the immune system, heart, and lungs during pregnancy make pregnant women more prone to severe illness. Expectant moms also have a greater risk of serious problems for their unborn baby, including prematurity and death resulting in neonatal death. A mother's flu vaccine also can help protect the baby who cannot be vaccinated against the flu until he or she is six months old. Nida spray flu vaccine is not recommended for expectant mothers.

You need more than hand washing to prevent the flu. Even though hand washing and avoiding people who are sick are good habits, they are not enough to prevent the flu. Flu viruses spread through the air when people with flu cough, sneeze, or talk. The virus can travel more than three feet or more of people nearby, causing them to get the flu. You can infect others overnight before you have symptoms and spread it for two to seven days after you become sick. Vaccination is the strongest tool to prevent the flu.

It's never too late to get vaccinated during flu season. Flu season can last from October until May. Usually, the disease peaks in January. For protection through the entire flu season, you should get vaccinated as soon as vaccine is available in the fall. But you can get vaccinated until April or May. If you plan to travel abroad, be sure to ask about flu vaccine.

Be Wise — Immunize! The Texas Medical Association

Spanish

La gripe es una enfermedad seria. La gripe, conocida científicamente como la influenza, es un virus respiratorio altamente contagioso que puede infectar la nariz, la garganta, y las vías respiratorias. La gripe es una enfermedad que puede ser mortal, y puede hacer que un adulto enferme por semanas de 10 días. Cada año, aproximadamente 200,000 personas son hospitalizadas por complicaciones relacionadas con la gripe, como la neumonía, y algunas muertes. Estima que la mayoría de las personas que enferman con la gripe, nunca ha tenido una vacuna. Es mejor y más seguro prevenir la enfermedad que tratarla.

Es importante dar la vacuna de la gripe anualmente. La mayor parte de las personas que enferman con la gripe en el invierno son aquellos que nunca han recibido una vacuna. La vacuna contra la gripe debe ser administrada una vez al año para prevenir y prevenir dos tipos de virus de la gripe. La vacuna contra la gripe es eficaz para los adultos mayores de 18 años. Hay dos tipos de vacunas para la gripe — la vacuna en forma de inyección, y la que se aplica por la nariz con un atomizador. Ambas tienen igual eficacia contra los dos tipos de virus de la gripe. La vacuna contra la gripe puede prevenir la enfermedad en hasta 70%. La vacuna contra la gripe debe ser administrada una vez al año para prevenir la enfermedad en hasta 70%.

La vacuna no va a contagiar con la gripe. Una vez que se ha vacunado, no se contagia con la gripe. No se contraela gripe, no se contrai la enfermedad del sistema inmunológico del cuerpo. La gripe es una enfermedad muy contagiosa, y puede afectar a personas de todas las edades.

Be Wise — Immunize! La Asociación Médica de Texas
Be Wise — Immunize Coalitions

• Coalition work group: 2010
• Co-brand coalitions
  • Immunization Collaboration of Tarrant County
  • Big Country Immunization Coalition (West Texas)
• Be Wise branded coalitions
Welcome

To volunteer at ICTC events: Please see Volunteer Information Page with links to VolunteerSpot.com

Immunization Collaboration of Tarrant County, Texas (ICTC) is a collaboration of agencies and organizations, public and private, committed to providing the systematic eradication of childhood, vaccine-preventable diseases in Fort Worth and Tarrant County since 1991.

ICTC projects provide low cost immunization events and community education on the importance of childhood immunizations.

RESULTS:

ICTC 2011 Events:
over 12,378 doses given & 4144 children immunized!

Thank you to all the volunteers!

Thank you to Rotary Fort Worth, Southwest and Junior League Fort Worth!

To Volunteer send email: contact volunteer@ictchome.org

Be a part of Immunization Collaboration:
Fill out the 2012 membership form

Be Wise — Immunize™ is a joint initiative of TMA and the TMA Alliance, a volunteer organization of physicians and their spouses, and is funded through a grant from the TMA Foundation.

Be Wise-Immunize™ is a service mark of the Texas Medical Association

Immunization Collaboration of Tarrant County
Be Wise—Immunize, It’s a Wise Act of Love
P.O. Box 100192, Fort Worth, TX 76185-0192
817-238-4448 (recorded information)
contact@ictchome.org
McLennan County
Be Wise — Immunize℠
Volunteer Success

- 214,000 shots
- 800 clinics/events