TMA's Be Wise — Immunize

Tammy Wishard
TMA Outreach Coordinator

Texas Medical Association
Physicians Caring for Texans

TMA's Be Wise — Immunize

Launched in 2004

- Improve Texas' immunization rates
- Provide resources for partner coalitions, physicians, and patients

TMA's Be Wise — Immunize

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	Medical Students	TMA Alliance	CMSs
45,000 Members	9 Medical Schools	28 Organized Alliances	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


CPRIT's a lifesaver, p. 31 · Pill mill crackdown, p. 41
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TexasMedicine
TEXAS MEDICAL ASSOCIATION
JULY 2011
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

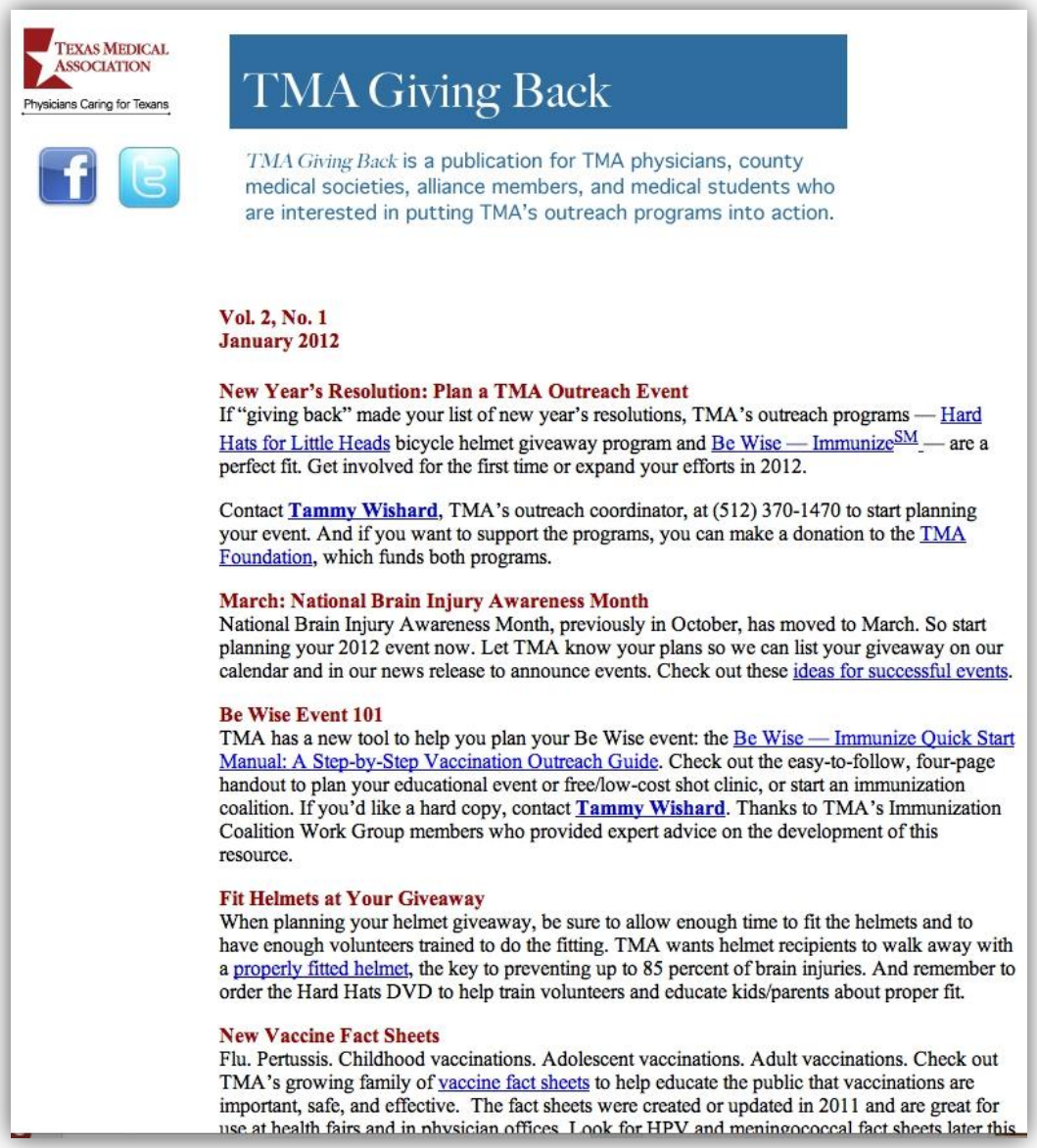
- Identify local champions
  - Understand community
  - Know key stakeholders
  - Help secure resources

Local Immunization Champion

Medical Student Champion

Building Volunteer Network

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



Texas Medical Association
Physicians Caring for Texans

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 — Immunize℠ — 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

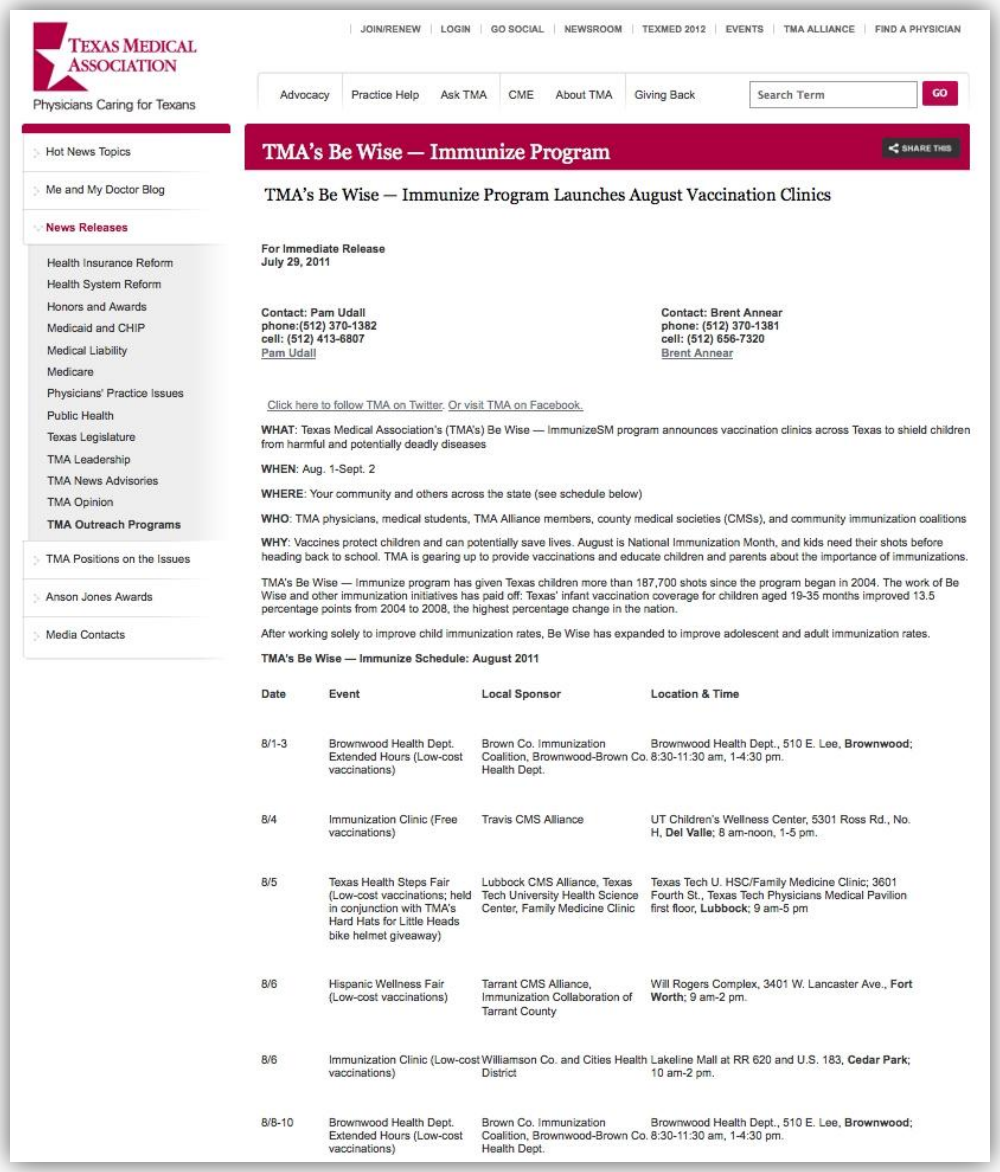
TMA has a new tool to help you plan your Be Wise event: the Be Wise — Immunize Quick Start Manual: A Step-by-Step Vaccination Outreach Guide. Check out the easy-to-follow, four-page handout to plan your educational event or free/low-cost shot clinic, or start an immunization coalition. If you'd like 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



TEXAS MEDICAL ASSOCIATION
Physicians Caring for Texans

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TMA's Be Wise — Immunize Program

SHARE THIS

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

For Immediate Release
July 29, 2011

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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 — ImmunizeSM 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 coalitions

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.

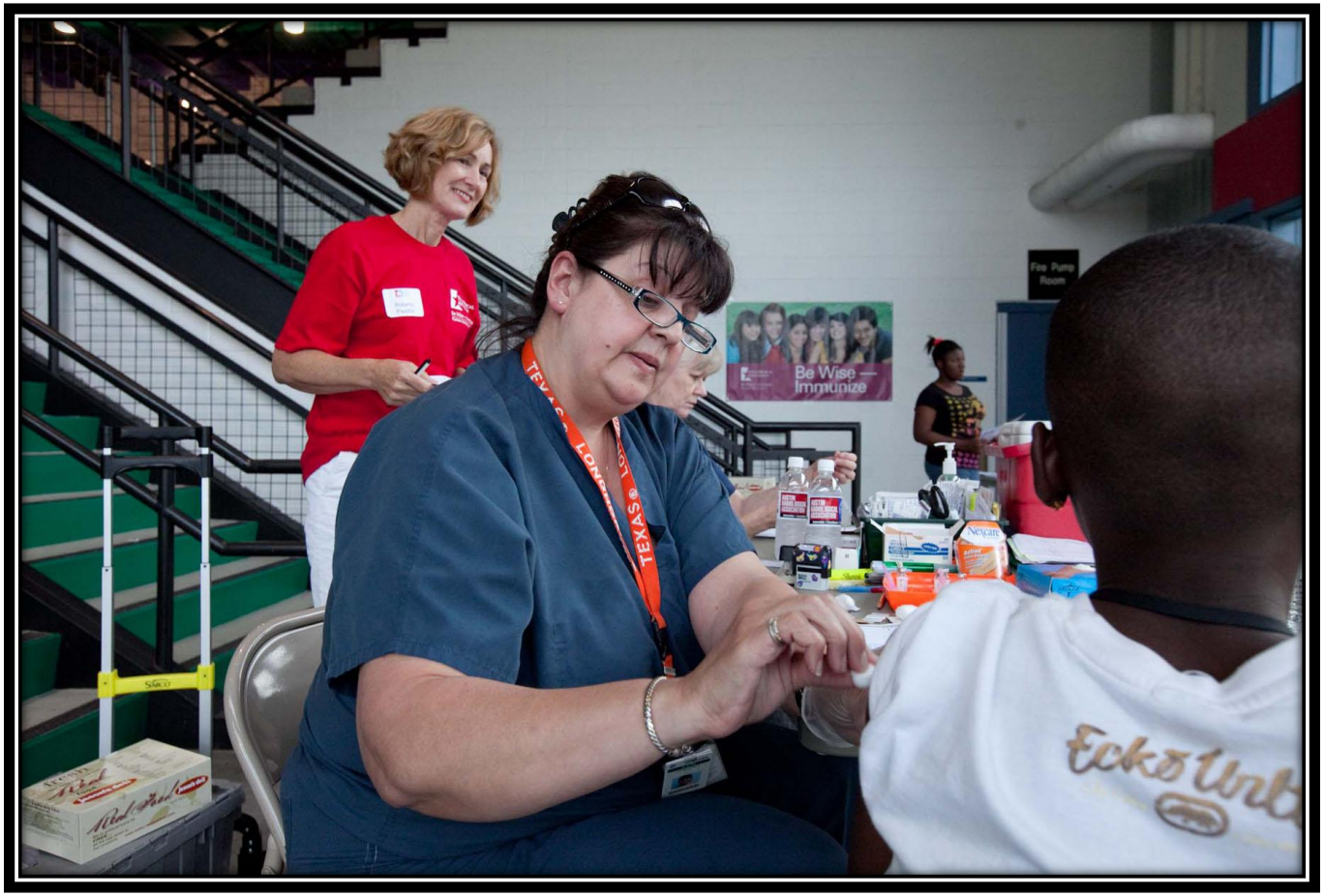
TMA's Be Wise — Immunize program has given Texas children more than 187,700 shots since the program began in 2004. The work of Be Wise and other immunization initiatives has paid off: Texas' infant vaccination coverage for children aged 19-35 months improved 13.5 percentage points from 2004 to 2008, the highest percentage change in the nation.

After working solely to improve child immunization rates, Be Wise has expanded to improve adolescent and adult immunization rates.

TMA's Be Wise — Immunize Schedule: August 2011

Date	Event	Local Sponsor	Location & Time
8/1-3	Brownwood Health Dept. Extended Hours (Low-cost vaccinations)	Brown Co. Immunization Coalition, Brownwood-Brown Co. Health Dept.	Brownwood Health Dept., 510 E. Lee, **Brownwood**; 8:30-11:30 am, 1-4:30 pm.
8/4	Immunization Clinic (Free vaccinations)	Travis CMS Alliance	UT Children's Wellness Center, 5301 Ross Rd., No. H, **Del Valle**; 8 am-noon, 1-5 pm.
8/5	Texas Health Steps Fair (Low-cost vaccinations; held in conjunction with TMA's Hard Hats for Little Heads bike helmet giveaway)	Lubbock CMS Alliance, Texas Tech University Health Science Center, Family Medicine Clinic	Texas Tech U. HSC/Family Medicine Clinic; 3601 Fourth St., Texas Tech Physicians Medical Pavilion first floor, **Lubbock**; 9 am-5 pm
8/6	Hispanic Wellness Fair (Low-cost vaccinations)	Tarrant CMS Alliance, Immunization Collaboration of Tarrant County	Will Rogers Complex, 3401 W. Lancaster Ave., **Fort Worth**; 9 am-2 pm.
8/6	Immunization Clinic (Low-cost vaccinations)	Williamson Co. and Cities Health District	Lakeline Mall at RR 620 and U.S. 183, **Cedar Park**; 10 am-2 pm.
8/8-10	Brownwood Health Dept. Extended Hours (Low-cost vaccinations)	Brown Co. Immunization Coalition, Brownwood-Brown Co. Health Dept.	Brownwood Health Dept., 510 E. Lee, **Brownwood**; 8:30-11:30 am, 1-4:30 pm.

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: (1) a free or low-cost shot clinic, (2) an education-only event, or (3) 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 vaccine and volunteers.

Free vaccine is available through a Texas Vaccines for Children (TVFC) provider. To locate a TVFC provider, contact your local health department or health authority, county medical society (CMS), physician, hospital, community clinic, medical school, and/or immunization coalition. To find your health department, visit www.dshs.state.tx.us.

Volunteers are necessary to read a child's immunization record and identify what shots the child needs, and help with sign-in, logistics, and traffic flow. And you can't have a vaccination clinic without nurses to give the shots.

Allow three to six months to plan your vaccination clinic.

- ☐ **Create an action plan:** Take time to complete a thorough action plan to help you organize the critical elements of your event, including:
  - **Audience:** Whom do you want to immunize — children, adolescents, or adults? What illness do you want to vaccinate against — all childhood preventable infectious diseases, meningitis, or the flu? Focusing on one age group per event or on a particular preventable disease, such as the flu, is best. Or you might want to pick a ZIP code or school with an underimmunized population.
  - **Price:** Are you going to give shots at no cost or for a small fee?
  - **Partners:** What organizations can you partner with to help cover the cost and work of your 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 medical society or alliance, 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.
- ☐ **Select a location:** Possible locations could be a school, mall, community clinic, church, or other easy-to-find place in your community. You may want to piggyback with another event, such as a back-to-school health fair. Be sure your location is easily accessible and offers 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 TVFC provider to see how often he/she orders vaccine.
- ☐ **Arrange for vaccine storage:** Vaccine must be stored in a refrigerator. Be sure you have a place to adequately store your vaccine at your 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 you their child's record and expect you to tell them which shots are needed.
  - **Nurses to give the vaccinations.** Ask event partners (physicians, 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.

Quick Start Manual

- **Logistics handlers.** Volunteers are needed for registration, traffic flow, updating immunization records, and entertaining children. A good volunteer source is high school or college students who need service hours.

- ☐ **Decide how to record vaccinations:** Determine if you will record vaccinations in ImmTrac, Texas' immunization registry; in a local immunization registry; or on personal immunization records. ImmTrac rules require health care providers who administer immunizations to minors (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, copying, supplies, tables, advertising, help with media, and the like.
- ☐ **Reserve the Be Wise mascot:** Children love mascots. Reserve Beatrice the Bee for your event. Please reserve Beatrice as soon as you know the date of your event, especially if you are holding your event in August when Beatrice is in high demand.
- ☐ **Order Be Wise supplies:** At least one month before your event, order Be Wise supplies. We offer free posters and educational materials, coloring/activity sheets for the children, giveaways such as stickers and crayons, and adhesive bandages.
- ☐ **Promote your event:** To help get the word out about your event, send a notice to your local media a week or two before. They can promote your event in their 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 someone assigned to help the media and be your spokesperson.
- ☐ **Copy important forms:** You'll need parent vaccination consent forms and required vaccine information sheets, as well as TMA's Minor Release for Photography/Recording.
- ☐ **Secure event supplies:** You may need tables for volunteers to sit at while they screen immunization records and give shots, vaccine storage, bandages and other medical supplies, nametags, pens, papers, treats for children, water and food for volunteers, Spanish translators, or other event-specific supplies.
- ☐ **Contact stakeholders:** Invite your state legislator and civic leaders to your event so they can see the family of medicine putting prevention into action. Your legislator and civic leaders even might roll up their sleeves and help you out.
- ☐ **Assign a photographer:** Be sure to get a signed photo release from parents so TMA can use the photos on our website and in our publications. For photos that reproduce well, set your camera on "high resolution." Photos of physicians in white coats or nurses giving shots, children with Beatrice the Bee, 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 vaccines given at your event to report to TMA. After the event, complete an event survey provided by TMA. Also, forward newspaper articles and other media coverage so we can share these with Be Wise program funders.

"The bee costume, giveaways for children, and educational materials were a great addition to our immunization fair."

— Katherine Cox, The University of Texas Southwestern student

Event Ideas

- Secure a booth at a health fair or community event to distribute Be Wise vaccination information.
- Partner with a health department or clinic to assist with its shot clinics (handle traffic flow or registration, entertain children, distribute literature).
- Sponsor or assist with a back-to-school health fair to include vaccinations.
- Add vaccinations to sports physical events for middle-schoolers.
- Work with a school nurse to offer required middle-school vaccinations in school.
- Tie a shot clinic with a high-school college night to ensure seniors are fully vaccinated.

Medical Student Event Tips

If hosting a shot clinic, contact administrative staff at your school to answer these questions:

- Does the school have a protocol for student-led immunization events?
- Can medical students give the shots?
- Does the school's liability insurance cover this activity?
- Is the school or any of its entities, such as a health clinic, a TVFC provider? If so, can it help you obtain vaccine?

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

English

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 behavior disorder. And the one study that claimed to have found a link was an "elaborate fraud" that has been discredited.

Still, the myth continues 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 chickenpox, can cause lasting problems.

Chickenpox usually means red, itchy bumps, but it can lead to skin infections and seizures. More importantly, children too young to be immunized and persons with other serious illness can become very sick if exposed to chickenpox. One in 10 unvaccinated children who get chickenpox will see their doctor 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 be studied to ensure its safety.

Some children 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. Choosing not to vaccinate your child is a bigger risk.

Vaccines are effective. Vaccines have wiped out polio and smallpox in the United States. However, other preventable and deadly diseases still kill children every year. Pertussis, more commonly known as whooping cough, has struck several communities in Texas. It affects all ages. But infants are most at risk and often end up in the hospital; some even die. More than 3,350 cases of whooping cough were reported in Texas in 2009.

The vaccine for children that prevents whooping cough, along with tetanus and diphtheria, is called DTaP. Your child needs five DTaP shots, beginning at two months of age. Family members caring for or visiting a newborn need a shot, too, so they don't make the baby sick before he or she is protected. The whooping cough shot for adults is not DTaP, but Tdap.

Getting several shots at one time is OK. Studies show getting a lot of shots at one time is not harmful to babies, toddlers, or older children. A young child is exposed to many types of germs daily through food, from other people, and by being in different settings. These everyday exposures are riskier for a child's immune system than vaccines. Vaccines work to build a child's immune system to prevent serious diseases. Ask your doctor if you're concerned.

On-time vaccination is important. Delaying vaccines could harm your baby. When you put off vaccinations, your child is at greater risk for catching one of the diseases vaccines prevent. And spacing out shots may actually cause your child unnecessary stress. Research shows children have the same stress whether they have one or more shots at a doctor's visit.

TEXAS MEDICAL ASSOCIATION

Be Wise — Immunize℠

Physicians Caring for Texans

Be Wise — Immunize is a joint initiative led by TMA physicians and the TMA Alliance, funded by TMA. Foundation through generous grants from H-E-B and TMF Health Quality Institute.

Be Wise — Immunize is a service mark of the Texas Medical Association.

Spanish

Proteja a los niños pequeños de las enfermedades que se pueden prevenir y que pueden ser mortales. Los médicos de Texas quieren que usted tenga la información verdadera — que las vacunas son importantes, seguras, y efectivas.

La verdad sobre las vacunas de la infancia

Las vacunas no causan autismo. No hay ninguna evidencia científica ni estudio que pruebe que hay un enlace directo entre las vacunas y el autismo o ningún otro desorden del comportamiento. El único estudio que declaró haber encontrado el enlace fue un "fraude muy detallado" que se ha desacreditado.

Pero todavía el mito continúa difundiéndose. Cuando los padres no vacunan a sus hijos, los están exponiendo a enfermedades peligrosas — y también exponen a los otros niños con los que entran en contacto. También le abre la puerta al retorno de enfermedades mortales que las vacunas han eliminado.

Las vacunas son importantes. Para los bebés y los niños pequeños, el sarampión, la tos ferina, y otras enfermedades pueden ser extremadamente serias, y hasta mortales. Aun las enfermedades que se creía eran leves, como la varicela, pueden causar problemas duraderos. La varicela generalmente causa bultitos rojos que dan picazón, pero puede llevar a infecciones de la piel y ataques. Lo que es todavía más importante es que los niños que son muy pequeños para vacunarse y las personas que tengan otras enfermedades serias pueden enfermarse gravemente si están expuestos a la varicela. Uno de cada diez niños que no están vacunados que se contagie con varicela tendrá que ver a su médico por complicaciones.

Las vacunas son seguras. Un estudio tras otro ha demostrado que las vacunas son seguras. Los médicos no pueden usar una vacuna a no ser que U.S. Food and Drug Administration (FDA), la Administración para Alimentos y Productos Fármacos de los Estados Unidos) la haya aprobado y declarado que es segura y efectiva. Aún después que la FDA apruebe una vacuna se continúa estudiándola para determinar con certeza que es segura. Algunos niños pueden experimentar efectos secundarios por una vacuna, igual que cuando toman una medicina. Pero la mayor parte de los efectos secundarios es leve y temporaria, como dolor en el brazo o fiebre. La elección de no vacunar a sus hijos es un riesgo mucho mayor.

Las vacunas son efectivas. Las vacunas han eliminado la polio y la viruela en los Estados Unidos. Pero hay otras enfermedades, que pueden prevenirse y son mortales, que todos los años siguen matando a los niños. La tos ferina, conocida más comúnmente como tos convulsa, ha afectado a varias comunidades en Texas. Afecta a la gente de todas las edades. Pero los bebés corren más riesgo y con frecuencia tienen que ir al hospital; algunos mueren. Se reportaron más de 3,350 casos de tos ferina en Texas en 2009.

La vacuna para niños que previene la tos ferina, junto con el tétanos y la difteria, se llama DTaP. Sus hijos necesitan cinco vacunas de DTaP, comenzando a los dos meses de edad. Los miembros de la familia que cuiden o que visiten a un recién nacido también necesitan la vacuna, así no contagian al bebé antes de que él o ella tenga protección. La vacuna contra la tos ferina para los adultos no es DTaP, sino Tdap.

No hay problema si se dan varias vacunas a la misma vez. Los estudios demuestran que dar muchas vacunas al mismo tiempo no daña a los bebés, niños pequeños o niños mayores. Un niño pequeño se expone a muchos tipos de microbios todos los días por la comida, otra gente, y al estar en diferentes ambientes. Estas exposiciones diarias son más peligrosas que las vacunas para el sistema inmunológico del niño. Las vacunas trabajan para reforzar el sistema inmunológico del niño para que pueda prevenir enfermedades graves. Si usted está preocupado, hable con su doctor.

Es importante dar las vacunas a tiempo. Demorarse en darle las vacunas puede dañar a su bebé. Cuando usted se demora en darles las vacunas, sus hijos corren un riesgo mayor de contagiarse con una de las enfermedades que las vacunas previenen. Y dar las vacunas por separado en realidad les puede causar un estrés innecesario a los niños. La investigación muestra que los niños sienten el mismo estrés si se dan una vacuna o si se dan varias durante la cita con el doctor.

TEXAS MEDICAL ASSOCIATION

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Be Wise — Immunize es una iniciativa conjunta liderada por los médicos de TMA y TMA Alliance, realizada con fondos de TMA Foundation a través de generosos subsidios de H-E-B y TMF Health Quality Institute.

Be Wise — Immunize es una marca de servicio de Texas Medical Association.

Fact Sheet: Adolescent Vaccinations

English

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.

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 illness, suffering, and possibly even death. The Centers for Disease Control and Prevention recommends specific vaccinations for your preteen or teen 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 few red bumps after a chickenpox vaccine, but these are an immune response to the vaccine and not the disease itself.

Vaccinations are effective. Vaccines have wiped out polio and smallpox in the United States. Many other diseases — such as tetanus and diphtheria — that once killed thousands of children now are so rare in the United States you hardly hear about them. And medical research has developed new vaccines to protect adolescents from meningitis and HPV. Plus, 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, more vaccinations are needed as he or she ages. These vaccinations are recommended for adolescents aged 11 and 12 years:

- Meningococcal disease: Protects against meningitis and other serious illnesses (booster dose needed at 16 years of age).
- Tdap (tetanus-diptheria and acellular pertussis): Prevents against lockjaw and whooping cough.
- HPV (human papillomavirus): Protects against the virus that causes cervical cancer and genital warts.
- Influenza: Protects against seasonal flu.

Depending which vaccines your child received as an infant, he or she may need other vaccines during adolescence. The next time your child is sick or needs a sports physical, ask your doctor which shots your adolescent needs.

HPV vaccine can be given to girls and boys. HPV infection is spread through sexual contact and can cause several illnesses — cervical cancer for girls, and genital warts and some head and neck cancers for boys and girls. The HPV vaccine, given in three doses, was developed to prevent the HPV infections that cause these illnesses. One of the vaccines even has been shown to protect against other cancers, including vaginal and anal. The vaccine is only effective when given before a person gets the virus, and can be given between ages 9 and 26. For girls, the HPV vaccine is a recommended adolescent vaccine. For boys, parents can decide if the vaccine is right for their sons by talking with their doctor.

Vaccines are required for college. Texas law requires students entering college to get a meningococcal vaccine, which prevents several types of meningitis and blood infections. Bacterial meningitis, unlike meningitis caused by viruses, is extremely serious and can spread quickly in group settings, such as college dorms. About 11 percent of people who get meningitis die from it — often within hours of the onset of symptoms — even if they have begun treatment. Of those who recover, as many as 20 percent suffer serious after-effects, including permanent hearing loss, limb loss, organ failure, or brain damage.

Texas Medical Association

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Be Wise — Immunize is a service mark of the Texas Medical Association. T5090.6.2011

Spanish

Ayude a sus adolescentes a llegar sanos a la edad adulta. Los médicos de Texas quieren que usted tenga la información verdadera – y que sepa que las vacunas para los adolescentes son importantes, seguras y efectivas.

La verdad sobre las vacunas para los adolescentes

Las vacunas son importantes. Al igual que comer comida saludable, estar activo, y hacerse exámenes médicos de rutina, las vacunas tienen un papel vital en mantener a los adolescentes sanos. Pero muchos adolescentes no se vacunan como se recomienda, lo que los hace vulnerables a las enfermedades, al sufrimiento, y posiblemente hasta la muerte. Los Centros para el Control y la Prevención de las Enfermedades recomiendan ciertas vacunas específicas para sus hijos pre-adolescentes o adolescentes que los protejan contra las enfermedades e infecciones que pueden ser más peligrosas para ellos, como la meningitis.

Las vacunas son seguras. Un estudio tras otro ha demostrado que las vacunas son seguras. Los médicos no pueden usar una vacuna a no ser que U.S. Food and Drug Administration (FDA, la Administración para Alimentos y Productos Fármacos de los Estados Unidos) la haya aprobado y declarado que es segura y efectiva. Aún después que FDA agruebe una vacuna se continúa estudiándola para determinar que sea segura.

Las vacunas fortalecen su sistema inmunológico para que pueda combatir las enfermedades. Algunos adolescentes pueden experimentar efectos secundarios por una vacuna, igual que cuando toman una medicina. Pero la mayor parte de los efectos secundarios es leve y temporaria, como dolor en el brazo o fiebre. Algunos síntomas pueden imitar los de una enfermedad, como por ejemplo, tener algunos bultitos rojos luego de darse la vacuna contra la varicela, pero éstos son una respuesta inmunológica a la vacuna y no la enfermedad.

Las vacunas son efectivas. Las vacunas han eliminado la polio y la viruela en los Estados Unidos. Muchas otras enfermedades — como el tétanos y la difteria — que en el pasado mataban a miles de niños, ahora son tan raras en los Estados Unidos que apenas si se oye hablar de ellas. Y la investigación médica ha llevado a la elaboración de nuevas vacunas para proteger a los adolescentes de la meningitis y del VPH. Además, manteniendo las vacunas de sus hijos al día ayuda a mantener sana a toda la comunidad.

Los adolescentes necesitan vacunarse. Aunque sus hijos adolescentes se hayan dado todas las vacunas que se recomiendan cuando eran bebés o niños pequeños, al crecer necesitan más vacunas. Éstas son las que se recomiendan para los adolescentes que tienen entre 11 y 12 años:

- Vacuna antimeningocóccica: Protege contra la meningitis y otras enfermedades graves (se necesita dar un refuerzo a los 16 años de edad).
- Tdap (contra el tétanos, la difteria y la tos ferina acelular): Previene el tétanos y la tos ferina.
- VPH (virus papiloma humano): Protege contra el virus que causa el cáncer cervical y las verrugas genitales.
- Gripe: Protege contra la gripe de la temporada.

Sus hijos pueden necesitar también otras vacunas en la adolescencia, y esto depende de las vacunas que se hayan dado cuando eran bebés. La próxima vez que sus hijos se enfermen o necesiten un examen médico para educación física, pregúntele a su doctor qué vacunas necesita su adolescente.

La vacuna contra el VPH se les puede dar tanto a los muchachos como a las chicas. La infección con el VPH se contagia a través del contacto sexual y puede causar varias enfermedades— cáncer cervical entre las chicas, y verrugas genitales y algunas clases de cáncer en la cabeza o el cuello para los muchachos y las chicas. La vacuna contra el VPH, que se da en tres dosis, se elaboró para prevenir las infecciones con el VPH que causan estas enfermedades. Una de las vacunas hasta ha demostrado ser efectiva para proteger contra otros tipos de cáncer, incluyendo el vaginal y el anal. La vacuna sólo es efectiva cuando se da antes de que la persona se contagie con el virus, y se puede administrar entre los 9 y los 26 años. Para las chicas, se recomienda dar la vacuna contra el VPH en la adolescencia. Para los muchachos, los padres pueden decidir hablando con su médico si es una buena idea darles la vacuna.

Las vacunas se requieren para la universidad. La ley de Texas requiere que los estudiantes que comiencen la universidad se den una vacuna antimeningocóccica, que previene varios tipos de meningitis y de infecciones en la sangre. La meningitis bacteriana, que es diferente de la meningitis causada por ciertos virus, es extremadamente grave y puede contagiarse rápidamente en lugares, como las residencias estudiantiles, donde viven muchas personas en grupos. Aproximadamente el 11 por ciento de la gente que se contagia con la meningitis muere a causa de ésta — y con frecuencia dentro de pocas horas desde que se manifestaron los síntomas — aunque el tratamiento ya haya comenzado. Muchos de los que se recuperan, hasta un 20 por ciento, sufre serias consecuencias que pueden incluir pérdida auditiva permanente, pérdida de miembros, insuficiencia en los órganos, y daño cerebral.

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Fact Sheet: Adult Immunizations

English

Protect yourself from preventable diseases for life. Texas physicians want you to know the facts — adult vaccinations are important, safe, and effective.

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 wwwnc.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 disease. 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 devastating effects of polio or smallpox because vaccines have been so successful in preventing and eliminating these dangerous diseases. Vaccines build your immune system to fight disease. 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 don't get vaccinated, these diseases can reappear, 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 $18.40 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 vaccination 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 vaccines.

The Texas Department of State Health Services stores immunization records for Texans of all ages in ImmTrac, a confidential, electronic registry. To register, ask your doctor or download the adult consent form at www.dshs.state.tx.us.

Vaccinations Adults May Need

Influenza: Seasonal flu
Annually for all adults

Tdap: Tetanus, diphtheria, and pertussis (whooping cough). Also prevents spreading pertussis to infants too young to be vaccinated.
One Tdap for all adults, including those in close contact with an infant and pregnant women in the late second or third trimester. Then a Td (tetanus and diphtheria) booster every 10 years

Meningococcal: Meningitis and blood infections caused by meningococcal disease
Required for Texans under age 30 who are entering college

HPV (human papillomavirus): Cervical, vaginal, and anal cancers, and genital warts
Three-shot series for females up to age 26 and males up to age 21

Pneumococcal: Serious illnesses, such as pneumonia and blood infections, caused by pneumococcal disease
Usually once at age 65. Earlier if you smoke, live in a nursing or long-term care facility, or have other chronic medical conditions

Zoster: Shingles
Once for adults 60 years and older

Varicella: Chickenpox
Adult who never had chickenpox or who received only one vaccination

MMR: Measles, mumps, and rubella
Pregnant women and adults who weren't vaccinated as a child

Hep A and Hep B: Liver diseases
Ask your doctor if you're at risk.

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T5944.11/11

Spanish

Protéjase de por vida de las enfermedades que pueden prevenirse. Los médicos de Texas quieren que usted tenga la información verdadera — que sepa que las vacunas para los adultos son importantes, seguras, y efectivas.

La verdad sobre las vacunas para adultos

Las vacunas son importantes. Las vacunas no son sólo para los niños. Los adultos también las necesitan para protegerse a sí mismos y a los que los rodean de enfermedades evitables. Los Centros para el Control y la Prevención de Enfermedades (CDC) recomiendan que hasta 10 vacunas pueden ser necesarias dependiendo de su edad, sexo, estado de salud, e historial de inmunizaciones. Pregúntele a su médico cuáles son las vacunas que usted necesita.

También puede necesitar otras vacunas por su trabajo o si hace viajes internacionales. Consulte a su doctor por lo menos dos meses antes de su viaje, y visite wwwnc.cdc.gov/travel/, la página de viajes de CDC.

Las vacunas son seguras. Las vacunas protegen de las enfermedades y salvan vidas. Uno de los logros más importantes de la salud pública en la primera década del siglo XXI es la vacunación para prevenir enfermedades infecciosas. Todas las vacunas recomendadas son aprobadas por FDA (la Administración para Alimentos y Productos Fármacos de los Estados Unidos), y después que FDA aprueba las vacunas se continúa estudiándolas para determinar con certeza que sean seguras.

Las vacunas son efectivas. Ya no oímos sobre los efectos devastadores de la polio o la viruela porque las vacunas han tenido mucho éxito en prevenir y eliminar estas enfermedades tan peligrosas. Las vacunas fortalecen su sistema inmunológico para que pueda combatir las enfermedades. Usted puede tener una reacción temporaria a la vacuna, como dolor en el brazo o fiebre, pero ésta es una respuesta inmunológica a la vacuna y no es la enfermedad misma. Si la gente no se vacuna, estas enfermedades pueden reaparecer, como ya se ha visto con las epidemias recientes de sarampión y tos ferina.

Las vacunas le ahorran dinero. La mayoría de los planes de seguro médico cubre parte o todo el costo de las vacunas que se recomiendan. Además, las vacunas le ahorran dinero a usted y a la comunidad. CDC calcula que cada dólar que se gaste en vacunaciones ahorra $18.40 en costos médicos y otros, como las pérdidas que causan el faltar al trabajo, la discapacidad y/o la muerte.

La mejor manera de recordar cuándo darse las vacunas es de tener un récord permanente de inmunizaciones. El récord de inmunizaciones les ayuda a usted y a su doctor a estar al día con sus vacunas. Si usted se muda o cambia de doctor, este récord le ayudará a que usted ni repita ni se olvide de darse vacunas. También le ayuda a su doctor a saber cuándo usted debe vacunarse.

El Departamento Estatal de Servicios de Salud de Texas archiva los récords de vacunación para los texanos de todas las edades en ImmTrac, un registro confidencial y electrónico. Para registrarse, pídaselo a su doctor o copie el formulario de consentimiento para adultos en www.dshs.state.tx.us.

Las vacunas que los adultos pueden necesitar

Gripe: Contra la gripe de temporada
Se da anualmente y es para todos los adultos

Tdap: Contra el tétanos, la difteria y la tos ferina (tos convulsa). También previene el contagio con la tos ferina a los bebés que son demasiado pequeños para vacunarlos.
Una dosis de Tdap para todos los adultos, incluyendo los que tienen contacto directo con un bebé, y para las mujeres embarazadas hacia el fin del segundo o durante el tercer trimestre. Luego, un refuerzo con la Td (tétanos y difteria) cada 10 años

Antimeningocóccica: Contra la meningitis y las infecciones en la sangre causadas por la enfermedad meningocóccica
Se requiere que se la den todos los texanos menores de 30 años que estén empezando sus estudios universitarios

VPH (virus papiloma humano): Protege contra el cáncer cervical, vaginal, anal, y las verrugas genitales
Serie de tres vacunas para las chicas de hasta 26 años y los varones hasta los 21 años

Neumococo: La enfermedad del neumococo causa enfermedades graves como la neumonía e infecciones de la sangre
Generalmente la vacuna se da una vez a los 65 años, y antes si usted fuma, vive en una casa de salud o en un centro para cuidados a largo plazo o sufre de otros problemas de salud crónicos

Herpes zóster: Herpes zóster (culebrilla)
Se da una vez a los adultos que tienen 60 años o son mayores de 60

Varicela: Varicela
Para los adultos que nunca han tenido varicela o que sólo se han dado una vacuna

MMR: Sarampión, paperas y rubéola
Para las mujeres embarazadas y los adultos que nunca se dieron la vacuna durante su infancia

Hepatitis A y Hepatitis B: Enfermedades del hígado
Pregúntele a su doctor si usted está a riesgo.

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T5944.11/11

Fact Sheet: Flu Vaccination

English

Protect yourself from the flu. Texas physicians want you to know the facts — the best way to prevent the flu is an annual vaccination.

The Facts About Flu Immunization

The flu is a serious illness. The flu, scientifically known as influenza, is a highly contagious respiratory virus that can infect your nose, throat, and/or 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 more severe illness.

A yearly flu vaccination is important. The single best way to avoid influenza is to get a flu vaccination each year. The flu viruses can change from year to year, so you need a vaccination annually to protect yourself and others from getting sick. Health experts recommend everyone get vaccinated for the flu. The only exception is babies who are younger than six months of age. Two types of flu vaccine 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. Or they 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. Flu is 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 with flu also have a greater risk for serious problems for their unborn baby, including premature labor and delivery.

A mother's flu vaccine also can help protect the baby who can't be vaccinated against the flu until he or she is six months old. Nasal-spray flu vaccine is not recommended for expectant moms.

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 viruses can reach the mouths or noses of people nearby, causing them to get the flu. You can infect others a day before you have symptoms and up to five 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.

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Spanish

Protéjase de la gripe. Los médicos de Texas quieren que usted tenga toda la información — la mejor manera de prevenir la gripe es darse una vacuna anualmente.

La verdad sobre la vacuna contra la gripe

La gripe es una enfermedad seria. La gripe, conocida científicamente como la influenza, es un virus respiratorio extremadamente contagioso que puede infectarle la nariz, la garganta, y/o los pulmones. La gripe es mucho más grave que un resfriado común, y puede hacer que usted esté enfermo por siete a 10 días. Cada año, aproximadamente un 20 por ciento de la población — gente de todas las edades — se contagia con la gripe.

La gripe puede ser especialmente peligrosa para la gente mayor, los niños pequeños, las mujeres embarazadas, y la gente con enfermedades crónicas como diabetes, enfermedad renal, y enfermedades al corazón o a los pulmones. Los síntomas, tanto leves como graves, generalmente se presentan rápidamente, y pueden incluir fiebre, escalofríos, tos, y dolores en el cuerpo. Cada año, aproximadamente 200.000 personas son hospitalizadas por enfermedades relacionadas con la gripe, como la neumonía, y algunas mueren. Mientras que la mayoría de la gente saludable se recupera de la gripe, usted puede infectar a los que están a su alrededor, y ellos pueden sufrir una enfermedad más seria.

Es importante darse la vacuna de la gripe anualmente. La mejor manera de evitar la gripe es darse la vacuna todos los años. Los virus de la gripe pueden cambiar de año a año, así que usted necesita una vacuna anual para protegerse y para proteger a otros de esta enfermedad. Los expertos de la salud les recomiendan a todos que se vacunen contra la gripe. La única excepción es para los bebés menores de seis meses. Hay dos tipos de vacunas para la gripe — la vacuna en forma de inyección, y la de un spray que se aplica por la nariz con un atomizador. Hable con su médico sobre cuál de las dos formas, la inyección o el atomizador nasal, es mejor para usted.

La vacuna no va a contagiarlo con la gripe. Usted no puede contagiarse con la gripe a través de la vacuna. Aunque algunas personas pueden experimentar síntomas parecidos a los de la gripe después de darse la vacuna, probablemente se infectaron con un virus diferente. O quizás se infectaron con el virus de la gripe antes de que la vacuna tuviera efecto, porque generalmente se necesita hasta dos semanas para desarrollar la mayor protección. El efecto secundario más común de la vacuna es dolor en el lugar donde se dio, y desaparece dentro de dos días.

La vacuna contra la gripe es especialmente importante para las mujeres embarazadas. Es más probable que la gripe sea más fuerte para las mujeres que están embarazadas que para las que no lo están. Los cambios en el sistema inmunológico, el corazón y los pulmones durante el embarazo hacen que las mujeres embarazadas sean más propensas a las enfermedades graves. Las futuras mamás con gripe también corren mayores riesgos de tener problemas graves con sus bebés que aún no han nacido, incluyendo trabajo de parto y parto prematuros. La vacuna contra la gripe de la madre también puede proteger al bebé, que no podrá vacunarse contra la gripe hasta tener seis meses de edad. No se recomienda usar el spray nasal para las futuras mamás.

Es necesario más que sólo lavarse las manos para prevenir la gripe. Aunque lavarse las manos y evitar la gente que está enferma son buenas costumbres, no son suficientes para prevenir la gripe. Los virus de la gripe se diseminan por el aire cuando la gente que tiene gripe tose, estornuda, o habla. Los virus pueden alcanzar la boca o la nariz de la gente que está alrededor, contagiándolos con la gripe. Usted ya puede infectar a otros desde el día anterior a tener síntomas, y entre cinco y siete días después de enfermarse. La vacuna es el instrumento más importante para prevenir la gripe.

Nunca es demasiado tarde para vacunarse durante la temporada de la gripe. La temporada de la gripe puede durar de octubre a mayo. Generalmente, la enfermedad alcanza su punto máximo en enero. Para tener protección durante toda la temporada de la gripe, debe vacunarse tan pronto como comiencen a dar la vacuna en el otoño. Pero puede vacunarse hasta abril o mayo. Si tiene planes de viajar al extranjero, asegúrese de preguntar si debe darse la vacuna contra la gripe.

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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

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Immunization Collaboration of Tarrant County

- WELCOME
- ABOUT ICTC
- VACCINE INFO & RESOURCES
- CALENDAR OF EVENTS
- CONTACT AND FEEDBACK
- GUESTBOOK
- VACCINE LOCATIONS
- VOLUNTEER INFORMATION

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

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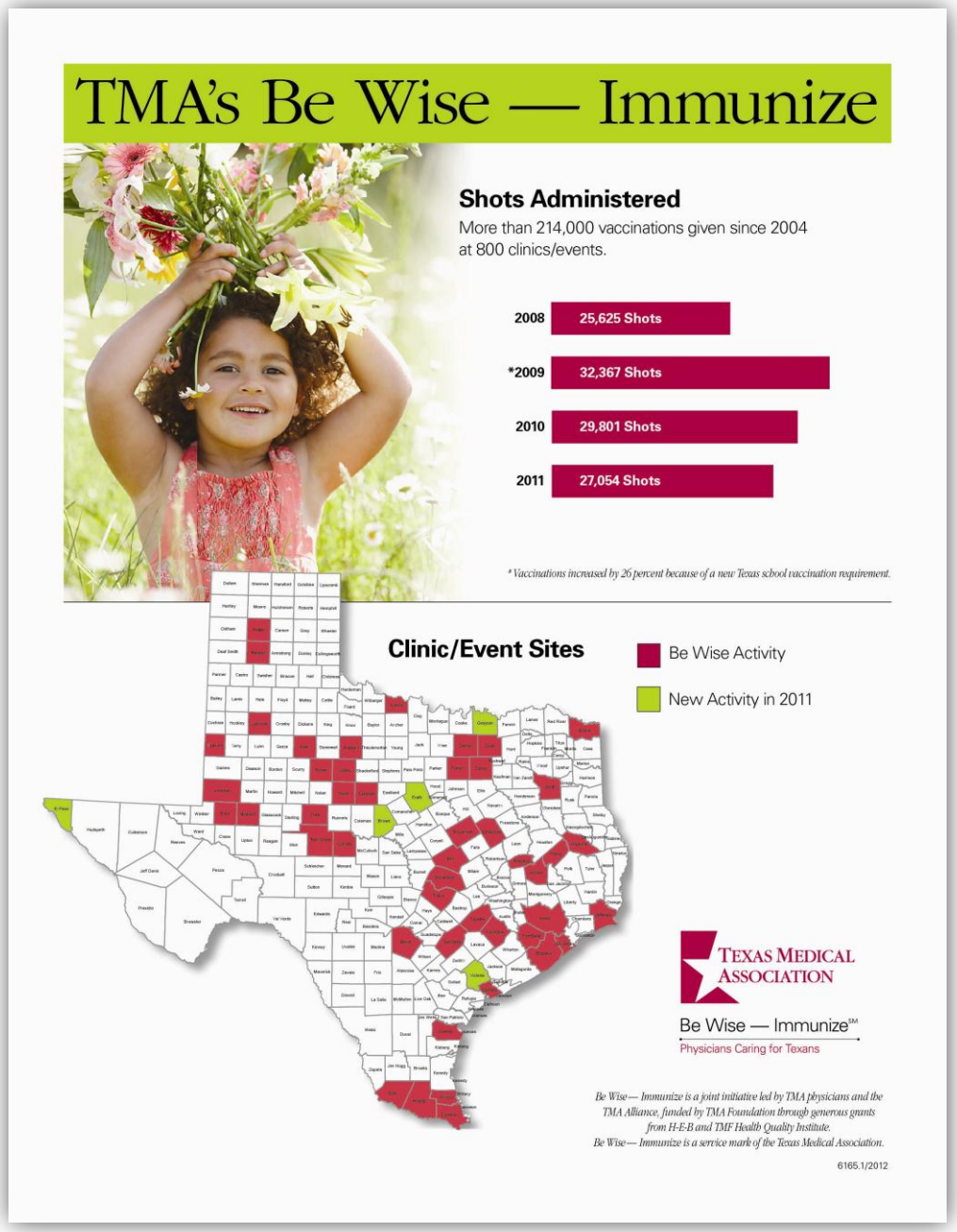
Immunization Collaboration of Tarrant County
Be Wise—Immunize, It's a Wise Act of Love
P.O. Box 100192, Fort Worth, TX 76185-0192
817-238-4448 (recorded information)
contact@ictchome.org


McLennan County
Be Wise — Immunize℠

Volunteer Success

- 214,000 shots
- 800 clinics/events



More information: texmed.org/bewise

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