



Immunizations

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We're A Tobacco Free Zone



To protect the health of **everyone** at CDHD, no smoking or other tobacco use is permitted in our facilities or on our property, both indoors and out.

Thank you for your cooperation.



THE SHOT LINE

IRIS Changes from Opt-in to Opt-out



Effective as of July 1st, patients receiving immunizations at the Central District Health Department (CDHD) and other immunization providers throughout the state will be automatically enrolled in Idaho's Immunization Reminder Service (IRIS). IRIS is a web-based program that keeps track of immunizations received and when vaccinations are due.

July 1st was the date the Idaho Department of Health and Welfare (DHW) chose to convert IRIS from an opt-in system to an opt-out system, meaning newborns will automatically

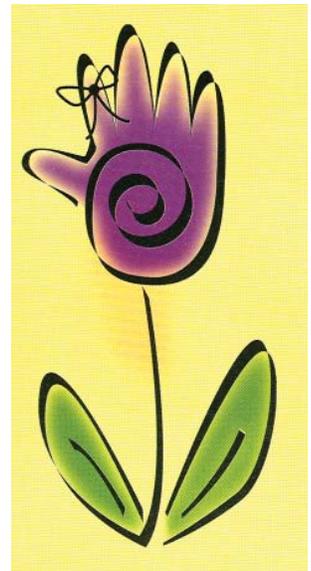
be enrolled in the registry at birth. IRIS remains a voluntary system and parents can opt-out at any time simply by filling out a form, either on-line or by hard copy, and submitting it to the Idaho Immunization Program (IIP). Opt-out forms and additional information are available at: www.immunizeidaho.com, or by calling the IIP at 208-334-5931.

Parents of newborns will be notified that their baby has been added to the registry by the Department of Health and Welfare. Information about the voluntary nature of the registry is included, along with information on how a parent can opt-out if they do not wish to participate. DHW will include this IRIS information with birth certificate information that is routinely mailed to parents, usually within the first two weeks following birth.

Medical providers are encouraged to add children who were not born in Idaho. In most cases, this would consist of children who have relocated to Idaho from another state.

Idaho has one of the lowest children's immunization rates in the nation. Immunization providers, and state and local public health officials are working hard to improve Idaho's immunization rates so Idaho children do not become seriously ill from vaccine preventable diseases. In most cases of missed vaccinations, parents want their children to be fully protected, but sometimes forget vaccine schedules. The registry can be used to remind the medical provider and family of missed vaccinations.

For additional information on Immunizations services at CDHD visit www.cdhd.idaho.gov/IMM/index.htm or call 208-327-7450.



Whom To Contact:

For medical questions about vaccines for children (VFC) (schedules, updates, vaccine storage and handling, etc. please contact:

Cata Ingalls, RN
Medical Provider Liaison
327-8512
cingalls@cdhd.idaho.gov

For user support & training of IRIS; how IRIS can benefit your clinic practice or daycare; or to schedule a demonstration of IRIS, please contact:

IRIS Help Desk
334-5995
iris@dhw.idaho.gov

For general immunization questions or concerns, please contact:

Teresa Collins, RN
Program Manager,
Immunizations,
327-8518
tcollins@cdhd.idaho.gov

Kindergarten Immunizations

Idaho State Requirements:

Students entering kindergarten MUST be properly immunized. Idaho State Law requires that the students have received the following immunizations:

5 DPT/DTaP
3 Polio
3 Hepatitis B
2 MMR

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Farewell Cathy Deckys



For the past seven years Cathy Deckys has worn many hats at the Central District Health Department, from Health Care Liaison to Medical Provider Liaison (she's the one that's been answering the Shotline phone when you call.) If there is one thing that rings true of all her roles at CDHD it is that she is an educator and a nurse. So it is with some sadness that we announce her departure.

While working full time at CDHD Cathy was also earning a Master's Degree in Nursing at Boise State University, a goal she recently accomplished. BSU was so impressed with her work, and her experience in public health, that they offered her a position as a Clinical Instructor in the Nursing Department.

"Public health's job is to educate," Cathy recently said. "I want to continue to work with the public to dispel myths created in the media. And I will continue to support the work of our medical providers in raising Idaho's immunization rates."

We haven't seen the last of Cathy. In fact, later this year she'll be working with a group of ten students on various projects in the community. The projects include the launch of a new website by the CDHD Reproductive Health program that targets young people with information on sexually transmitted diseases and birth control.

Thanks Cathy for your years of service to CDHD and we wish you well in your new endeavors.

Meet Cata Ingalls



My name is Catalina Ingalls though I usually go by Cata (Caht-ah). I was born in Venezuela and lived there until high school when I moved to the States. I've lived all over the U.S., having moved about 15 times as an adult. I relocated to Idaho a little over a year ago and would be happy to remain here forever! My husband and I enjoy the outdoors and we also have a son in college in nearby Nevada.

I've been a nurse for over 25 years. My first degree was from the Methodist Medical Center School of Nursing in Peoria, IL. Later, I returned to school and got my Bachelor's degree from the College of Notre Dame in Baltimore, MD. For most of my career, I've been fortunate enough to work with children in acute, outpatient, and school settings primarily working with kids who have chronic illnesses.

I am delighted to be part of the Immunizations staff at the Central District Health Department and to broaden my nursing practice to include vaccine preventable diseases. Having lived in a Venezuela, I've seen first hand the consequences of some of these diseases such as polio and influenza. I look forward to meeting all of you in the coming months.

Phone: 327-8512

Immunization News

2010 National Immunization Conference Notes

Vaccination Errors

According to Dr. Deborah Wexler, Executive Director for the Immunization Action Coalition, vaccine errors are skyrocketing due to the increasingly complex immunization schedule and the new addition of combination vaccines such as Kinrix, Pentacel, and H1N1 vaccines. Making errors can be serious, leaving the vaccinee vulnerable to disease, inconvenience to the parent, and loss of trust in the provider.

Common vaccine errors fall into the following categories:

- Storage and handling
- Administration
- Scheduling
- Documentation

To avoid these vaccine errors, remember the *Five Rights*:

- Right patient
- Right medication
- Right route
- Right dose
- Right interval



Immunization Bits

Human Papilloma Virus Vaccine is now for Males

Human Papilloma Virus (HPV) is a widespread virus that will affect an estimated 75-80% of males and females in their lifetime. HPV is responsible for cervical, vaginal, and vulvar cancers in females and genital warts in both males and females. HPV vaccine can now be given to boys and young men ages 9-26 years of age. Gardasil helps to protect males and females ages 9-26 from 90% of genital warts cases.

Side effects from vaccination may include pain, swelling, itching, bruising and redness at the injection site, headache, fever, nausea and vomiting, dizziness and fainting. Observe the patient for 15 minutes post-vaccination for signs of syncope.

BSU School Physicals

On June 10, 2010, 732 student athletes from nine Boise and Meridian high schools came to Boise State University for school physicals. Central District Health Department provided a review of students' immunization records and offered information to students and parents on the recommended vaccinations for adolescents.

Reminders

- Remember to use Pentacel within 30 minutes of removal from the refrigerator.
- If Tdap is mistakenly given as dose #1, 2, or 3 to children under 7 years of age, repeat the dose.
- 25% of parents still believe that autism is caused by MMR vaccine.

CALIFORNIA PERTUSSIS EPIDEMIC SENDS WARNING



In June the state of California declared an epidemic of Pertussis, also known as Whooping Cough, on the heels of more than 1,500 confirmed cases and the deaths of five babies. In the first six months of 2010 Idaho had 77 cases of Pertussis, compared to 45 cases for the same period of time last year. Public health officials believe this is a good time for parents to check the immunization status of their children.

Pertussis is a highly contagious disease that begins with cold-like symptoms, such as sneezing, runny nose, low-grade fever, and a mild cough. Over 1-2 weeks the cough may become much worse. Symptoms may include a long series of coughs (“coughing fits” or spasms) followed by a whooping noise. Persons

with pertussis may have a series of coughs and then may vomit, turn blue, or experience difficulty in catching their breath. Untreated, pertussis can develop into pneumonia, seizures and encephalitis. It’s particularly dangerous for children younger than a year old. Most pertussis deaths occur in unvaccinated children or in children too young to be vaccinated.

“Infants under six months of age and the unimmunized are at greatest risk,” said Teresa Collins, RN, Immunizations Program Manager at Central District Health (CDHD). “This is a vaccine preventable disease. Children need to be vaccinated against it. Many infants who get pertussis are infected by parents, older siblings, or other caregivers who might not know they have the disease. This is why it is vitally important for parents, other family members, and the caregivers to be up-to date and boosted with Tdap.”

Parents and those spending time around young children should contact their medical providers about pertussis immunizations. “People with pertussis usually spread the disease by coughing or sneezing while in close contact with others, who then breathe in the pertussis bacteria,” said Collins. “It is important for us to learn from California and get our children and family members immunized against the disease because protection from the childhood vaccine fades over time,” said Collins.

For more information, call the CDHD ShotLine at (208) 321-2229.

GOT IMMUNIZATION QUESTION? CALL THE SHOT LINE



Call 321-BABY to get answers!!! This service provides physicians, nursing personnel, child-care providers, and school nurses a direct line to an immunization nurse who will provide immediate answers to your immunization questions (i.e. scheduling, timing, storage and handling, vaccine errors, etc.)

You can access this line by dialing 321-BABY (321-2229). This line will be answered during regular business hours, Monday through Friday, 8 a.m. to 5 p.m. Please note that the Shot Line will not be answered on state holidays.

Vaccines Aren't Just for Little Kids

by Teresa Collins, RN

Vaccines are not just for babies and young children. As children get older, the protection provided by some early childhood vaccines can wear off. Children also generally develop risks for more diseases as they approach their teen years. For these reasons, older children – including teens - need to receive recommended vaccinations.

This is especially true for teens heading off to college who may be living in the dormitories. Close proximity to new people can open the door to serious, but preventable diseases. What follows are some of the key vaccines you'll want to make sure your teens have before you send them back to school or off to college.

Meningococcal vaccine - Meningococcal meningitis is rare, but when it strikes it can do so quickly. Within hours of the first symptoms the disease can cause organ failure, brain damage, amputation of limbs and death. Each year about 2,500 Americans are stricken with meningococcal meningitis, and 10 – 15 percent of them die. Up to 20 percent of the survivors suffer long-term disabilities. All 11-12 year-olds, teens about to enter high school, and college bound older teens planning to live in the dormitories should get vaccinated.

Measles, Mumps, Rubella (MMR) – Measles potentially causes pneumonia, brain damage, seizures and in some cases death. Mumps is a disease of the lymph nodes that can cause meningitis, deafness and death. Rubella (German measles) is of particular concern during pregnancy as it can result in severe birth defects, heart defects, mental retardation and deafness. Every child should have 2 doses of this vaccine.

Tetanus, Diphtheria, Pertussis (Tdap) – Tetanus enters the body through cuts, scratches or wounds and can cause painful tightening of muscles. Diphtheria and Pertussis are spread from person to person. Pertussis (Whooping Cough) causes severe coughing spells, vomiting and disturbed sleep. The greatest danger with Pertussis is passing it on to children too young to be vaccinated. Diphtheria causes a thick covering in the back of the throat. The booster dose of Tdap should take place when the child is 11-12 years old. Some older teens may have already had a Tetanus-Diphtheria (Td) booster, but should get the extra protection of a Tdap shot.

Varicella (Var) – Varicella, otherwise known as chicken pox, is often thought of as a relatively harmless childhood rite of passage. But adolescents are 3 times as likely to die from the disease as younger children. In addition to the rash, varicella can lead to other skin infections, swelling of the brain, pneumonia and meningitis. The vaccine is given in a two-dose series. If your children have had only one dose they need another now.

Human Papillomavirus (HPV) – HPV is important mainly because it can cause cervical cancer in women. HPV is spread through sexual contact and therefore the vaccine should be administered before a child becomes sexually active. All adolescent girls should get the series of 3 HPV shots, preferably around 11 – 12 years of age. But older teens and women up to the age of 26 who have missed the series should also get vaccinated. In fact, new recommendations say health care providers should consider giving the vaccine to males 9 – 26 years of age to prevent genital warts.

Influenza – The flu is no fun, even for healthy teens. If your teen has a chronic health condition, like asthma or diabetes, the disease can develop into something very serious. The circulating strains of the flu change every year so the protection provided by vaccine one year won't be the same the next. The flu is highly contagious, especially in a crowded school or college environment. The best protection is to get the flu vaccine every fall. That's good advice for parents as well.

Before your teens head back to school or off to college, check with your health care provider to see they are up-to-date on all of the following vaccines:

- Tetanus-Diphtheria-Pertussis vaccine (Tdap)
- Meningococcal vaccine*
- HPV vaccine series
- Hepatitis B vaccine series
- Polio vaccine series
- Measles-Mumps-Rubella (MMR) vaccine series
- Varicella (chickenpox) vaccine series
- Influenza vaccine (annually)
- Pneumococcal polysaccharide (PPV) vaccine+
- Hepatitis A vaccine series

* Recommended for previously unvaccinated college freshmen living in dormitories.

+ Recommended for children and teens with a high-risk health condition



For more information on vaccines visit the Central District Health Department website at www.cdhd.idaho.gov.



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Educational Opportunities

If you missed the live **2010 CDC Immunization Update** on August 5th, it will be available for downloading for one month following the broadcast on the CDC website at: <http://www2a.cdc.gov/PHTN//webcast/immupdate2010/default.asp> There will also be a self study course available in a web-based or DVD format about 6 weeks after the webcast at <http://www.cdc.gov/vaccines/ed>

The next live **Current Issues in Immunization NetConference (CIINC)** will take place on September 2, 2010 from 10am - 11am. This is a live telephone audio conference with simultaneous online video and a question and answer segment. Internet access and a separate phone line are required to participate. This netconference is designed to provide clinicians with the most up-to-date immunization information. The particular topic for this conference has not yet been determined. On-demand replays are available shortly after the event. Check out <http://www.cdc.gov/vaccines/ed/ciinc/default.htm> for archived copies of previous presentations and for updated information about the upcoming one.