

Healthy Living Newsletter

Take Control of Your Health, Your Benefits, and Your Future Wellness / July 2011

Immunization Awareness



• **Why are immunizations important?**

Immunization is one of the most significant public achievements of the 20th century. Vaccines have eradicated smallpox, as well as polio from most countries. Vaccines have also reduced the number of cases of measles, diphtheria, rubella, pertussis and other diseases. But despite these efforts, hundreds of thousands of people today still die from these and other vaccine-preventable diseases.

• **Who should be immunized?**

Recommended vaccinations begin soon after birth and continue throughout life. Being aware of the vaccines that are recommended for infants, children, adolescents, adults of all ages and seniors, and making sure that we receive these immunizations, are critical to protecting ourselves and our communities from disease.

• Vaccine-preventable diseases have costly impacts, resulting in doctor's visits, hospitalizations and premature deaths.

• Maintaining high immunization rates protects the entire community by interrupting the transmission of

disease-causing bacteria and viruses.

• This type of protection is known as community or herd immunity, and embodies the concept that protecting the majority with safe, effective vaccines also protects those who can not be immunized for medical reasons.

• **Do vaccines have any side effects?**

Side effects can occur with any medicine, including vaccines. Depending on the vaccine, these can include slight fever, rash, or soreness at the site of the injection. Slight discomfort is normal and should not be a cause for alarm.

• **Can vaccinations cause serious reactions?**

Yes, but they are extremely rare. The risks of getting a serious disease from not being vaccinated are far greater than the risks of a serious reaction to a vaccination.

• **Why is a vaccination health record important?**

A vaccination health record helps you and your health care provider keep your child's vaccinations on schedule. If you move or change providers, having an accurate record might prevent your child from repeating vaccinations they have already had. A injection record should be started when your child receives their first vaccination and updated with each vaccination visit.

Source: UPS Road Map to Health

Prevention

Immunizations (or vaccinations) are not just for babies and young kids. We all need shots to help protect us from serious disease and illness.

Young children:

• Children under age six get a series of shots to protect against measles, polio, chicken pox, and hepatitis.

Preteens:

• Children who are ages 11 and 12 need shots to help protect against tetanus, diphtheria, whooping cough, and meningitis.

• Doctors also recommend girls ages 11 and 12 get the HPV vaccine to protect against the most common form of cervical cancer.

Adults:

• All adults need a tetanus shot every 10 years.

• Adults age 50 and older need a flu shot every year.

• People age 65 need a one-time pneumonia shot.

Source: National Health Information Center

Health & Wellness Events

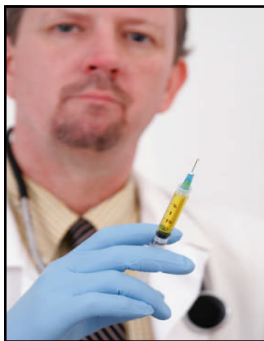
See your local Occ Health Manager and Wellness Champions for more information about Health & Wellness activities this month in your facility.

Why are Childhood Vaccines So Important?

- It's true that newborn babies are immune to many diseases because they have antibodies they got from their mothers. However, the duration of this immunity may last anywhere from a month to a year. Furthermore, young children do not have maternal immunity against some vaccine-preventable diseases, such as whooping cough.
- If a child is not vaccinated and is exposed to a disease germ, the child's body may not be strong enough to fight the disease. Before vaccines, many children died from diseases that vaccines now prevent, such as whooping cough, measles, and polio.
- Immunizing individual children also helps to protect the health of our community, especially those people who are not immunized. These include those who are too young to be vaccinated (children less than one year old), those who can not be vaccinated for medical reasons, and those who can not make an adequate response to vaccination.

Source: www.cdc.gov

Types of Vaccines



Vaccines work by triggering a response in the body's immune system when administered. Vaccines stimulate the body to make antibodies — proteins that specifically recognize and target the disease-causing bacteria and viruses, and help eliminate them from the body before they cause disease. Vaccines are frequently given by injection, but some are given orally and one is given via nasal spray.

There are several types of vaccines:

- **Live-attenuated:** These contain a living bacteria or virus that has been weakened in the laboratory so that it does not cause the actual disease in individuals with healthy immune systems. Because they contain a small amount of the weakened live virus or bacteria, they should not be taken by people with compromised or weakened immune

systems. (Example: Measles, Mumps and Rubella Virus Vaccine)

- **Inactivated (whole or subunit):** These can be safely given to individuals with weakened immune systems. However, for such individuals, additional (booster) may be needed to achieve immunity. (Example: Poliovirus Vaccine)
- **Toxoids:** Some bacteria cause illness by secreting a poison or toxin. Scientists discovered that inactivating the toxins, to create toxoids, and administering the toxoid can also protect individuals against the disease. (Example: Diphtheria toxoid vaccine)

Scientists discovered that in some cases, the entire virus or bacteria is not required to elicit protective immunity and prevent disease; just a portion or a "subunit" of the disease-causing bacteria or virus is needed to provide protection. (Example: Hepatitis B Vaccine, Recombinant)

Source: www.fda.gov

Vaccine Myths

- Myth: Adults do not need immunizations unless they are traveling outside the country.**
Fact: Vaccines are not just for travelers and kids. Too many adults become ill, are disabled or die each year from diseases that could easily be prevented by vaccines.
- Myth: Giving a child more than one immunization at a time can be dangerous.**
Fact: Side effects are no greater when multiple vaccines are given together than when a vaccine is given on separate occasions. Talk to your pediatrician if you have any concerns.
- Myth: I am breastfeeding, so my child does not need immunizations.**
Fact: Immunizations are still needed. While breastfeeding is the best nutrition for your baby, it does not prevent infections the way vaccines do. Your child may have fewer colds, but breastfeeding does not protect against many illnesses such as whooping cough, polio and diphtheria.

Source: *UPS Road Map to Health*

Immunizations and Travel

Check with your doctor or local health department about the shots that you will need if you are going to travel to other countries. Sometimes a series of shots is needed. For information about shots you may need, visit the Centers for Disease Control and Prevention (CDC) at www.cdc.gov/travel, or call the information line for international travelers at 1-800-232-4636. You may also contact UPS's preferred vendor, Vaccines on the Go, Inc. (VOTG) at their toll-free number 1-800-268-8684.



VOTG administers immunizations, travel medications, traveler's report that is specific to your destination and official immunization record to keep with your travel documents.

UPS employees traveling internationally may arrange for a nurse to provide their immunizations at their office or home.

Source: www.nia.nih.gov & www.vaccinesonthe-go.com

Childhood Immunization Schedule



The following is a list of childhood vaccines recommended in the United States and at what ages they should be given.

Hepatitis B vaccine:

First dose at birth to two months /
Second dose at one to four months /
Third dose at six to 18 months

Haemophilus influenzae type b (Hib) vaccine:

First dose at two months / Second dose at four months / Third dose at six months / Fourth dose at 12 to 15 months

Influenza vaccine:

First dose at six months (requires a booster one month after initial vaccine) / Annually until five years (then yearly if indicated or desired, according to risks)

Polio Vaccine:

First dose at two months / Second dose at four months / Third dose at six to 18 months / Fourth dose at four to six years

Diphtheria, Tetanus and Pertussis (DTaP):

First dose at two months / Second dose at four months / Third dose at six months / Fourth dose at 15 to 18 months / Fifth dose at four to six years / DTaP is recommended at age 11.

Pneumococcal vaccine:

First dose at two months / Second dose at four months / Third dose at six months / Fourth dose at 12 to 18 months



Rotavirus vaccine:

First dose at two months / Second dose at four months / Third dose at six months

Hepatitis A vaccine:

First dose at 12 months / Second dose at 18 months



Measles, Mumps and Rubella (MMR) vaccine:

First dose at 12 to 15 months / Second dose at four to six years

Meningococcal vaccine:

Single dose at age 11

Varicella vaccine:

First dose at 12 to 15 months / Second dose at four to six years

Human papillomavirus vaccine (HPV; for adolescent girls only):

First dose at age 11 / Second dose two months after first dose / Third dose six months after first dose

Source: *UPS Road Map to Health*

What Would Happen If We Stopped Vaccinations?

In the United States, vaccines have reduced or eliminated many infectious diseases that once routinely killed or harmed many infants, children, and adults. However, the viruses and bacteria that cause vaccine-preventable disease and death still exist and can be passed on to people who are unprotected by vaccines. Vaccine-preventable diseases may have social and economic costs—sick children miss school and can cause parents to lose time from work. These diseases also result in more doctor's visits, hospitalizations, and even premature deaths.

Polio:

Polio virus causes acute paralysis that can lead to permanent physical disability and even death. Before the availability of the polio vaccine, 13,000 to 20,000 cases of paralytic polio were reported each year in the U.S. The annual epidemics of polio often left thousands of victims—mostly children—in braces, crutches, wheelchairs, and iron lungs. The effects were life-long.

Measles:

Before the measles immunization was available, nearly everyone in the U.S. contracted the measles. An average of 450 measles-associated deaths were reported each year between 1953 and 1963.

In the U.S., nearly 20 percent of persons infected with measles are hospitalized. Approximately 17 percent of measles cases have had one or more complications, such as ear infections, pneumonia, or diarrhea. Pneumonia is present in about six percent of cases and accounts for most of the measles deaths. Although less common, some persons will develop encephalitis (swelling of the lining of the brain), resulting brain damage.

If vaccinations were stopped, each year about 2.7 million measles deaths worldwide could be expected.

Haemophilus Influenzae Type b (Hib) Meningitis:

Before the Hib vaccine became available, Hib was the most common cause of bacterial meningitis in U.S. infants and children. Prior to the development of the vaccine, there were approximately 20,000 invasive Hib cases annually. Nearly two-thirds of the 20,000 cases were meningitis, and one-third were life-threatening invasive Hib diseases such as bacteria in the blood, pneumonia, or inflammation of the epiglottis. Hib meningitis once killed 600 children each year and left many survivors with deafness, seizures, or mental retardation.

Since the introduction of conjugate Hib vaccine in December of 1987, the incidence of Hib has declined 98 percent.

Pertussis (Whooping Cough):

Before pertussis immunizations were available, nearly all children developed whooping cough. In the U.S., prior to pertussis immunization, between 150,000 and 260,000 cases of pertussis were reported each year, with up to 9,000 pertussis-related deaths.

Pertussis can be a severe illness, resulting in prolonged coughing spells that can last for many weeks. These spells can make it difficult for a person to eat, drink, and breathe. Because vomiting often occurs after a coughing spell, a person may lose weight and become dehydrated. In infants, it can also cause pneumonia and lead to brain damage, seizures, and mental retardation.

Rubella (German Measles):

While rubella is usually mild in children and adults, up to 90 percent of infants born to mothers infected with rubella during the first trimester of pregnancy will develop congenital rubella syndrome (CRS), resulting in heart defects, cataracts, mental retardation, and deafness.

Varicella (Chickenpox):

Prior to the licensing of the chickenpox vaccine in 1965, almost all people in the U.S. had suffered from chickenpox by adulthood. Each year, the virus caused an estimated four million cases of chicken pox, 11,000 hospitalizations, and 100 to 150 deaths.

Source: www.cdc.gov

Questions?

If you have any questions or topics that you would like to see covered in this newsletter, e-mail your suggestions to:

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Sneak Peek

The major topics for the August issue of the newsletter will be:

Coping With Stress

Relaxation

How to Alter Your Eating Habits

