

## Health Alert:

### Prevention of Influenza (flu) and Whooping Cough (pertussis)

September 24, 2010

Mesa College Campus Community,

The 2010-2011 influenza (flu) season is beginning. Many people who have had influenza will tell you that they suffered from a fever, cough and fatigue. After contracting influenza, several weeks of recuperation are often needed. In 2009 and 2010 we saw many deaths attributed to H1N1 influenza. Sadly, many of the H1N1 victims were <25 years of age. Adults with obesity and chronic illnesses became acutely ill, very quickly, after contracting H1N1 and were hospitalized. Some died. Pregnant women and their unborn babies were at higher risk for illness and death due to H1N1 influenza. The H1N1 influenza is expected to circulate again, this flu season.

Our San Diego Community College District and Mesa College Administration provided leadership during the H1N1 pandemic. They helped us put up firewalls to prevent rapid transmission of H1N1 at Mesa. These protective activities worked and we did not see many cases of H1N1 within our campus community. We now have to go back and refresh our memories regarding influenza protection.

Fortunately, the 2010-2011 seasonal influenza (flu) vaccine already contains the H1N1 coverage we all need. As usual, the seasonal influenza vaccine also contains protection against two additional influenza strains that are expected to circulate this flu season. Included in the influenza vaccinations this year are: A/California/7/2009 NYMC X 179A (H1N1), A/VICTORIA/210/2009 NYMC X-187 (H3N2) and B/BRISBANE/60/2008. Each year, you will need to obtain a new, seasonal influenza vaccine. The seasonal influenza vaccine usually confers immunity for 5-6 months, in most healthy adults. Each season may have different influenza types/subtypes included in it. In short, not all seasonal flu shots are the same.

To complicate matters, we currently have an epidemic of whooping cough (pertussis) in California. As we know from the media, several children have died from whooping cough (pertussis) and it is believed that many of them contracted this illness from their family members/caregivers. While many adults will survive whooping cough (pertussis), children are much more likely to become severely ill. Adults and children alike need to have adequate vaccine coverage against whooping cough (pertussis). Some adults need a booster shot against whooping cough (pertussis). For more whooping cough (pertussis) information from the Centers for Disease Control and Prevention go to: <http://www.cdc.gov/pertussis/about/index.html> . For whooping cough (pertussis) vaccination information, go to <http://www.cdc.gov/pertussis/vaccines.html> .

We are asking everyone to become aware of the preventive measures against influenza and whooping cough (pertussis). Both illnesses are frequently passed from one person to another by coughing and sneezing into the air or by hand contamination. Together, we can create a healthier campus and prevent the spread of illnesses. Prevention of disease helps us to honor our campus goal of providing a

learning environment that maximizes student access and success and employee well being. Here is the [index](#) for all the great information we have in this text for you:

1. **Flu shot information and education for faculty and staff (also in multiple languages)**
2. **Flu education for deaf and hard of hearing people in American Sign language**
3. **Whooping cough (pertussis) education and vaccination**
4. **Keep your hands clean campaign**
5. **Cough and sneeze hygiene**
6. **Stay healthy**
7. **Medical advice when you are sick**
8. **Taking care of others when they are sick**
9. **Keeping your classroom/office healthy**
10. **Masks**
11. **Stay home when you are sick**
12. **Health education in your office or classroom**
13. **Influenza (flu) and whooping cough (pertussis) vaccination sites that are free or low cost, provided by the County of San Diego. If it's the whooping cough (pertussis) vaccination you need, look for the "Tdap" vaccination.**

Here's what we have for you:

1. **Seasonal Influenza vaccinations (flu shots)**: Get your 2010-2011 influenza vaccine now. Student Health Services has influenza vaccinations for our campus community. The influenza vaccinations this year are all-in-one. That means that you only need one influenza vaccine to be covered against H1N1 and two other influenza strains. If you are < 50 years of age, consider trying the nasal mist influenza vaccination. Here is the link to read more about the nasal mist influenza vaccine: <http://www.cdc.gov/vaccines/pubs/vis/downloads/vis-laiv-h1n1.pdf>. The nasal vaccine is a spray in your nose, not a shot. Some people can't have the nasal vaccination so make sure you talk with the nurse first. To obtain a vaccination with Student Health Services, you must be at least 18 years old. A CSID card is required. Cash only. Here are the vaccination types and costs for SDCCD students and Mesa employees:
  - a. Seasonal influenza vaccinations for students and employees:
    - i. Seasonal injectable or nasal mist influenza vaccines are FREE for students
    - ii. Seasonal injectable or nasal mist influenza vaccines for employees, are \$5.00 (injectable form contains Thimerisol).
    - iii. Seasonal influenza vaccinations that are **Thimerisol free** are \$12.00 for students and \$15.00 for employees. All pregnant women should obtain this type of vaccination. These vaccines are Thimerisol free. Thimerisol is a mercury containing preservative. Some experts are concerned about the effect of Thimerisol on humans, especially children and pregnant women.
    - iv. Part B Medicare recipients do not need to pay for the multidose influenza vaccine.

- v. Here is the link to the CDC to read more about the injectable influenza vaccine: <http://www.cdc.gov/vaccines/pubs/vis/downloads/vis-flu.pdf>. To read about the nasal flu mist vaccine check this web page: <http://www.cdc.gov/vaccines/pubs/vis/downloads/vis-flulive.pdf>. For nasal flu mist vaccination information in multiple languages, go to: [http://www.immunize.org/vis/vis\\_flu\\_live.asp](http://www.immunize.org/vis/vis_flu_live.asp). For information about the flu vaccine that is injectable (shot), in multiple languages, go to [http://www.immunize.org/vis/vis\\_flu\\_inactive.asp](http://www.immunize.org/vis/vis_flu_inactive.asp).
2. **Flu education for deaf and hard of hearing people in American Sign Language:** Here is the video link for information about the flu: <http://www.cdc.gov/flu/freeresources/media.htm#videos>.
  3. **Whooping Cough (pertussis) vaccination:** Check with your medical provider or Student Health Services to see if you need a whooping cough vaccination or booster. For students, we have the whooping cough vaccination in our office for \$39.00 (Includes tetanus, diphtheria, pertussis). We know that's a lot of money, so check the list of County of San Diego sites at the bottom of this message to find the places where you can obtain a free/low cost vaccination. To find out more about whooping cough, go to <http://www.cdc.gov/pertussis/>. They even have a recording of a child with whooping cough here so you will know what whooping cough sounds like.
  4. **Keep your Hands clean:** Yes, we talk about this a lot. We talk about keeping your hands clean because it is so important. Our administration has installed hand sanitizer dispensers on our campus. The refills are available from the stockroom at no cost to your department. Just remember to use a pea sized amount of hand sanitizer before and after touching your face/mouth. Then, rub your hands together really fast, covering all of the hand surfaces. The staff/faculty are cleaning their desks, phones and frequently touched surfaces with sanitizing wipes. You can also wash your hands with warm soap and water while you sing the "happy birthday" song all the way through (about 20 seconds).
  5. **Cough and sneeze hygiene:** Both the influenza and whooping cough germs go into the air, or on your hands, and can infect others. Remember to cover your nose and mouth with your elbow/paper towel/tissue when you sneeze or cough. Keeping your nose and mouth covered while coughing and sneezing keeps others healthy. Once you use the paper towel or tissue to sneeze/cough, throw it away and clean your hands by washing them or using an alcohol based hand sanitizer. Some people have discovered that alcohol based hand sanitizer solution is flammable if you light it on fire. Yes, it is alcohol and yes, it is flammable. Be sure the hand sanitizer is dry before going near an open flame (like when lighting a cigarette).
  6. **Stay healthy:** This means lots of sleep, a well balanced diet, reduce stress, exercise and be happy. Your immune system works best when your body is well cared for. Some people like to take over-the-counter vitamins and supplements. Just be sure you are not taking too much and you are purchasing something that actually has been tested and cleared for use.
  7. **Medical advice:** Last year we encouraged students to come in as soon as they became ill. This is still the best idea. We want to see you early so we can help to minimize your symptoms and, hopefully, shorten the length of time of your illness. We also have medication that may shorten the length of time you are ill (if you have a virus) but we need to start the medication very soon

after your illness begins. Nasal swab testing for H1N1 influenza is free in our office and we encourage students who have a temperature of > 100 degrees F, with a cough and/or sore throat to get tested.

8. **Taking care of others when they are sick:** We have excellent resources for teaching you what to do when you need to care for others who have influenza. There is also a CD. If needed, additional languages are available.
9. **Keeping your classroom/office healthy:** Classrooms and offices are often closed in during the cold months in late fall and winter. Opening your areas to outside air, periodically, and allowing sunshine in your area will help to reduce the amount of virus/bacteria that are in the air. Using antibacterial air spray is not recommended.
10. **Masks:** Masks that you buy in the drug store provide a barrier to make it more difficult for bacteria/viruses to wander near our nose and mouth but studies have not proven that drug store type masks are effective. If you are sick and want to wear a mask you will need a specially fitted mask that is not widely available. See your provider or Student Health Services provider for advisement.
11. **Stay home when you are sick:** We want you to feel confident that staying home when you have a fever, cough and/or sore throat is in the best interest of your wellness and our campus community. Students can see a Nurse Practitioner in Student Health (619-388-2774) and receive a note to document their illness/care for their illness.
12. **Health Education:** Please invite us to your classroom, club, office or school gathering. We love to educate our community about illness prevention and answer questions. Knowledge is power in preventing illness.
13. **Pertussis and flu vaccination locations provided by the County of San Diego:** For current vaccination information about influenza, whooping cough (and additional vaccinations), please call the HHSA Immunization Branch, toll-free, at (866) 358-2966, or visit their web site at [www.sdiz.org](http://www.sdiz.org).

**Current Vaccination Clinics for Pertussis (whooping cough) at shopping centers and public areas:**

The locations and dates for the vaccination clinics (from 10 a.m. to 4 p.m. through Sept. 26, subject to vaccine availability):

Saturdays

San Ysidro Port of Entry, 720 East San Ysidro Blvd, San Diego

Sundays

Northgate Market, 2909 Coronado Avenue, San Diego

Northgate Market, 1410 South 43<sup>rd</sup> Street, San Diego

Northgate Market, 1058 3<sup>rd</sup> Avenue, Chula Vista

Northgate Market, 1346 South Mission Road, Fallbrook

Northgate Market, 1150 East Vista Way, Vista

Northgate Market, 606 North Escondido, Escondido

Vaccination clinics at County vaccination sites:

STARTING SEPTEMBER 21<sup>ST</sup> GET YOUR FLU SHOT AND WHOOPING COUGH (PERTUSSIS) VACCINATION:

County of San Diego - Central Region Public Health Center

<b>Address:</b>	5202 University Avenue, San Diego 92105
<b>Cross Street:</b>	52nd
<b>Date &amp; Time:</b>	Starting September 21st: Mondays, Wednesdays & Fridays 8:00am-11:00am & 1:00pm-4:00pm
<b>Cost:</b>	\$10.00 per immunization visit (covers all shots given at visit
<b>Waivable:</b>	No
<b>Vaccines Offered:</b>	Flu: Nasal Spray , Tdap (Tetanus, Diphtheria, Pertussis/Whooping Cough) , Pneumococcal , Flu: Shot ,
<b>Cost for Tetanus-diphtheria:</b>	\$10.00 per immunization visit (covers all shots given at visit
<b>Cost for Pneumococcal:</b>	\$10.00 per immunization visit (covers all shots given at visit
<b>Need Appointment:</b>	No
<b>Appointment Phone:</b>	619-229-5400
<b>Foreign Language:</b>	Spanish
<b>Restrictions:</b>	Ages 6 months and older

<b>Notes:</b>	Patients with HMO must pay or go to their own doctor
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### County of San Diego - East Region Public Health Center

<b>Address:</b>	855 East Madison Avenue, El Cajon 92020
<b>Cross Street:</b>	Mollison
<b>Date &amp; Time:</b>	Starting October 4th: Every Monday, Tuesday, Wednesday & Friday 8:00am-11:00am and 1:00pm-4:00pm Every Thursday, 1:00pm-4:00pm
<b>Cost:</b>	\$10.00 per immunization visit (covers all shots given at visit)
<b>Waivable:</b>	Yes
<b>Vaccines Offered:</b>	Flu: Nasal Spray , Tdap (Tetanus, Diphtheria, Pertussis/Whooping Cough) , Pneumococcal , Flu: Shot ,
<b>Cost for Tetanus-diphtheria:</b>	\$10.00 per immunization visit (covers all shots given at visit)
<b>Cost for Pneumococcal:</b>	\$10.00 per immunization visit (covers all shots given at visit)
<b>Need Appointment:</b>	No
<b>Appointment Phone:</b>	619-441-6500
<b>Foreign Language:</b>	Spanish, Arabic
<b>Restrictions:</b>	Ages 6 months and older

### County of San Diego - Fallbrook Public Health Office

<b>Address:</b>	130 Alvarado Road, Fallbrook 92028
<b>Cross Street:</b>	
<b>Date &amp; Time:</b>	Mondays, Tuesdays, Thursdays & Fridays 8:00am-5:00pm; Wednesdays, 8:00am-11:30am
<b>Cost:</b>	\$10.00 per immunization visit (covers all shots given at visit)

<b>Waivable:</b>	Yes
<b>Vaccines Offered:</b>	Flu: Nasal Spray , Tdap (Tetanus, Diphtheria, Pertussis/Whooping Cough) , Pneumococcal , Flu: Shot ,
<b>Cost for Tetanus-diphtheria:</b>	\$10.00 per immunization visit (covers all shots given at visit
<b>Cost for Pneumococcal:</b>	\$10.00 per immunization visit (covers all shots given at visit
<b>Need Appointment:</b>	No
<b>Appointment Phone:</b>	760-967-4401
<b>Foreign Language:</b>	Spanish
<b>Restrictions:</b>	Ages 6 months and older
<b>Notes:</b>	As of September 20th only the adult flu vaccine is being offered. Pediatric vaccine will be offered once it arrives.

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### County of San Diego - New Hope Church

<b>Address:</b>	10330 Carmel Mountain Road, San Diego 92129
<b>Cross Street:</b>	
<b>Date &amp; Time:</b>	Third Wednesday of every month, from 8:30am-11:00am
<b>Cost:</b>	\$10.00 per immunization visit (covers all shots given at visit
<b>Waivable:</b>	Yes

<b>Vaccines Offered:</b>	Flu: Nasal Spray , Tdap (Tetanus, Diptheria, Pertussis/Whooping Cough) , Pneumococcal , Flu: Shot ,
<b>Cost for Tetanus-diphtheria:</b>	\$10.00 per immunization visit (covers all shots given at visit
<b>Cost for Pneumococcal:</b>	\$10.00 per immunization visit (covers all shots given at visit
<b>Need Appointment:</b>	No
<b>Appointment Phone:</b>	760-740-4000
<b>Foreign Language:</b>	Spanish
<b>Restrictions:</b>	6 months of age and over
<b>Notes:</b>	

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County of San Diego - North Central Public Health Center

<b>Address:</b>	5055 Ruffin Road, San Diego 92123
<b>Cross Street:</b>	Clairemont Mesa Blvd.
<b>Date &amp; Time:</b>	September 21st through December 30th, every Tuesday and Thursday, from 9:00am-11:00am and 1:00pm-4:00pm
<b>Cost:</b>	\$10.00 per immunization visit (covers all shots given at visit)
<b>Waivable:</b>	Yes
<b>Vaccines Offered:</b>	Flu: Nasal Spray , Tdap (Tetanus, Diptheria, Pertussis/Whooping Cough) , Pneumococcal , Flu: Shot ,

<b>Cost for Tetanus-diphtheria:</b>	\$10.00 per immunization visit (covers all shots given at visit)
<b>Cost for Pneumococcal:</b>	\$10.00 per immunization visit (covers all shots given at visit)
<b>Need Appointment:</b>	No
<b>Appointment Phone:</b>	858-573-7300
<b>Foreign Language:</b>	Spanish, Tagalog
<b>Restrictions:</b>	Ages 6 months and older
<b>Notes:</b>	

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## County of San Diego - North Coastal Public Health Center

<b>Address:</b>	104 South Barnes Street, Oceanside 92054
<b>Cross Street:</b>	Mission Avenue
<b>Date &amp; Time:</b>	Normal Clinic Hours: Monday, Tuesday, Thursday & Friday, 8:00am-5:00p; Wednesdays, 8:00am-11:30am
<b>Cost:</b>	\$10 per immunization visit (covers all shots given per visit)
<b>Waivable:</b>	Yes
<b>Vaccines Offered:</b>	Flu: Nasal Spray , Tdap (Tetanus, Diphtheria, Pertussis/Whooping Cough) , Pneumococcal , Flu: Shot ,
<b>Cost for Tetanus-diphtheria:</b>	\$10 per immunization visit (covers all shots given per visit)
<b>Cost for Pneumococcal:</b>	\$10 per immunization visit (covers all shots given per visit)
<b>Need Appointment:</b>	No
<b>Appointment Phone:</b>	(760) 967-4401
<b>Foreign Language:</b>	Spanish
<b>Restrictions:</b>	Ages 6 months and older

<b>Notes:</b>	Adult flu vaccine will be offered starting September 20th. Pediatric vaccine will be offered once it arrives.
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### County of San Diego - North Inland Public Health Center

<b>Address:</b>	606 East Valley Parkway, Escondido 92025
<b>Cross Street:</b>	
<b>Date &amp; Time:</b>	Normal Clinic Hours: Monday & Friday, 8:00am-11:00am and 1:00pm-4:00pm (through the end of September)
<b>Cost:</b>	\$10 for the immunization visit (covers all shots given per visit)
<b>Waivable:</b>	Yes
<b>Vaccines Offered:</b>	Flu: Nasal Spray , Tdap (Tetanus, Diptheria, Pertussis/Whooping Cough) , Pneumococcal , Flu: Shot ,
<b>Cost for Tetanus-diphtheria:</b>	\$10 for the immunization visit (covers all shots given per visit)
<b>Cost for Pneumococcal:</b>	\$10 for the immunization visit (covers all shots given per visit)
<b>Need Appointment:</b>	No
<b>Appointment Phone:</b>	760-740-4000
<b>Foreign Language:</b>	
<b>Restrictions:</b>	Ages 6 months and older
<b>Notes:</b>	

### County of San Diego - Ramona Community Resource Center

<b>Address:</b>	1521 Main Street, Ramona 92065
<b>Cross Street:</b>	Montecito Street
<b>Date &amp; Time:</b>	2nd Wednesday of every month from 1:00pm-3:00pm
<b>Cost:</b>	\$10.00 per immunization visit (covers all shots given at visit)
<b>Waivable:</b>	Yes
<b>Vaccines Offered:</b>	Flu: Nasal Spray , Tdap (Tetanus, Diptheria, Pertussis/Whooping Cough) , Pneumococcal , Flu: Shot ,
<b>Cost for Tetanus-diphtheria:</b>	\$10.00 per immunization visit (covers all shots given at visit)
<b>Cost for Pneumococcal:</b>	\$10.00 per immunization visit (covers all shots given at visit)
<b>Need Appointment:</b>	No
<b>Appointment Phone:</b>	760-740-4000
<b>Foreign Language:</b>	Spanish
<b>Restrictions:</b>	Ages 6 months and older
<b>Notes:</b>	

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### County of San Diego - Solana Beach Presbyterian Church

<b>Address:</b>	130 Stevens Avenue, Solana Beach 92075
<b>Cross Street:</b>	
<b>Date &amp; Time:</b>	2nd Tuesday of every month starting in October from 11:00am-5:00pm
<b>Cost:</b>	\$10.00 per immunization visit (covers all shots given at visit)
<b>Waivable:</b>	Yes
<b>Vaccines Offered:</b>	Flu: Nasal Spray , Tdap (Tetanus, Diphtheria, Pertussis/Whooping Cough) , Pneumococcal , Flu: Shot ,
<b>Cost for Tetanus-diphtheria:</b>	\$10.00 per immunization visit (covers all shots given at visit)
<b>Cost for Pneumococcal:</b>	\$10.00 per immunization visit (covers all shots given at visit)
<b>Need Appointment:</b>	No
<b>Appointment Phone:</b>	760-967-4401
<b>Foreign Language:</b>	Spanish
<b>Restrictions:</b>	Ages 6 months and older
<b>Notes:</b>	

#### County of San Diego - South Region Public Health Center

<b>Address:</b>	690 Oxford Street, Chula Vista 91911
<b>Cross Street:</b>	Broadway, behind WalMart
<b>Date &amp; Time:</b>	Monday, Wednesday, Thursday & Friday 8:00am -11:30am and 1:00pm -3:30pm Tuesdays 10:00am-4:00pm
<b>Cost:</b>	\$10 for the immunization visit (covers all shots given at visit)
<b>Waivable:</b>	Yes
<b>Vaccines Offered:</b>	Flu: Nasal Spray , Tdap (Tetanus, Diphtheria, Pertussis/Whooping Cough) , Pneumococcal , Flu: Shot ,
<b>Cost for Tetanus-diphtheria:</b>	\$10 for the immunization visit (covers all shots given at visit)
<b>Cost for Pneumococcal:</b>	\$10 for the immunization visit (covers all shots given at visit)
<b>Need Appointment:</b>	No
<b>Appointment Phone:</b>	(619) 409-3110
<b>Foreign Language:</b>	Spanish
<b>Restrictions:</b>	Ages 6 months and older
<b>Notes:</b>	

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Thank you for letting us do service to our Mesa campus community,

Mesa Student Health Services Director,

Suzanne Khambata FNP