



Monthly Immunization Update

November 2024

Dear Providers and Partners,

The purpose of this newsletter is to deliver quick and meaningful updates to support our providers in a variety of vaccine settings and, maintain our connection with all of you. We welcome your questions and comments. Please feel free to share this newsletter with your colleagues. Thank you!

Important Reasons for Individuals to Get Vaccinated

1. The Vaccines you Receive Are Safe

Vaccine safety is a high priority. CDC and other experts carefully review safety data before recommending any vaccine, then continually **monitor vaccine safety** after approval. Vaccines can have side effects, but most people experience only mild side effects—if any—after vaccination. The most common side effects are fever, tiredness, body aches, or redness, swelling, and tenderness where the shot was given. Mild reactions usually go away on their own within a few days. Serious or long-lasting side effects are extremely rare, and vaccine safety is continually monitored.



2. Vaccines May Be Required

Certain vaccines are required for school, work, travel, and more. Students, military personnel, and residents of rehabilitation or care centers must be vaccinated against diseases that circulate in close quarters. Health care workers and others whose job puts them at risk of catching and spreading preventable diseases need to be vaccinated against them. And, of course, vaccination is required before travel to many places around the world. Because vaccination protects you and those around you, vaccines can be required for everyday activities as well as for extraordinary situations. It is important that you stay up to date on **recommended vaccinations**.

3. Vaccines Have Saved Lives for Over 100 Years—But Serious Disease Is Still a Threat

Vaccines have greatly reduced diseases that once routinely harmed or killed babies, children, and adults.

People all over the world—including in the United States—still become seriously ill or even die from diseases that vaccines can help prevent. It is important that you stay up to date on **recommended vaccines**. The protection some vaccines provide can fade over time, and you might need additional vaccine doses (boosters) to maintain protection. For example, adults should receive a tetanus booster every 10 years to protect against infection from dirty wounds. Talk to your health care provider about vaccination to see whether you might have missed any vaccines or need a booster.



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For more information please visit [CDC's webpage](#).

RSV (*Respiratory Syncytial Virus*)

RSV is a common respiratory that usually causes a mild cold, but can also cause severe disease, especially in infants and older adults. RSV is the most common infection of the lungs and reason for hospitalization in children younger than 1 year of age in the United States. Almost all children get RSV at least once before they are two years old.

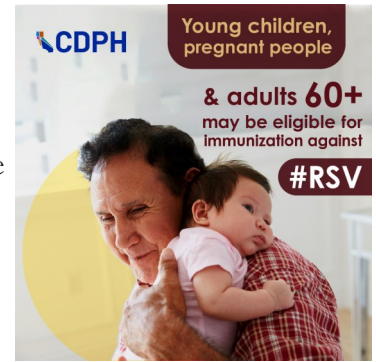
RSV immunization is recommended for:

- Infants younger than 8 months
- High-risk infants/toddlers 8 through 19 months
- People who are 32–36 weeks pregnant
- All adults 75 and older
- Some high-risk adults 60–74 years old (this includes people with chronic heart or lung disease, certain other chronic medical conditions, and those who are residents of nursing homes or other long-term care facilities)

Learn more about [RSV immunizations](#).

RSV vaccine is not currently an annual vaccine, meaning if someone has already gotten an RSV vaccine, they do not need to get another one. Talk with your health care provider to see if RSV immunization is right for you or your family members. Also take everyday [preventative measures to limit the spread of RSV](#) and other respiratory illnesses such as washing hands, covering coughs and sneezes, wearing a mask in crowded indoor places and staying home when sick.

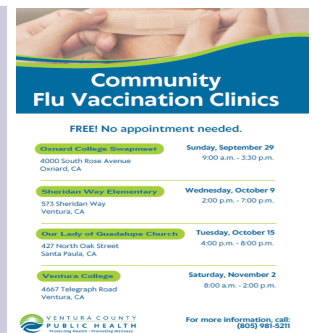
For more information please visit [California Department of Public Health's](#) webpage.



Announcements:

Ventura County Public Health's Immunization Program and Emergency Medical Services will be hosting free community Flu events open to the public on the following date:

- **Saturday, November 2nd at Ventura college from 8:00AM-2:00PM**
4667 Telegraph Road, Ventura, CA



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We are on the web!

<https://vchca.org/immunization-program>

or follow us on

