



Monthly Immunization Update

December 2024

Dear Providers and Partners,

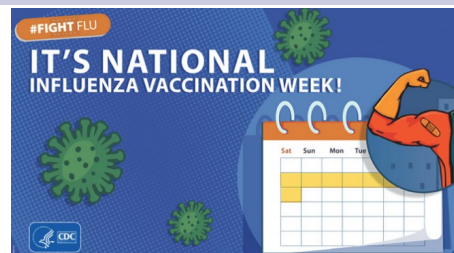
The purpose of this newsletter is to deliver quick and meaningful updates to support our providers in a variety of vaccine settings and, maintain our connection with all of you. We welcome your questions and comments. Please feel free to share this newsletter with your colleagues. Thank you!

National Influenza Vaccination Week

National Influenza Vaccination Week (NIVW) is an annual observance to remind everyone 6 months and older that there's still time to get vaccinated against flu from December 2-6th, 2024. Vaccination is particularly important for people who are at higher risk of developing serious flu complications, including pregnant people and young children. Millions of children get sick with flu every year, and thousands will be hospitalized as a result. Pregnant people also are at higher risk of developing serious flu complications.

Since flu viruses are constantly changing and protection from vaccination decreases over time, getting a flu vaccine every year is the best way to reduce your risk from flu. A flu vaccine is the only vaccine that protects against flu and has been shown to reduce the risk of flu illness, hospitalization, and death.

Together, we can use NIVW as a nationwide call to action to encourage everyone 6 months and older to get their annual flu vaccine, especially pregnant people, young children, and others at higher risk. The more people vaccinated against flu, the more people are protected from flu.



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Answers to Parents' Top Questions

As a parent, you want to make the best decisions to protect your child—staying informed will help. Your questions are important, and you deserve reliable information to support your decisions. If you want to learn more, ask your doctor for a “consultation visit,” or check out the websites at the end.

1. Why do children today get so many immunizations?

Thirty-five years ago, vaccines protected young children from only seven diseases. Today, we can protect them from at least 15 dangerous diseases because of medical advances. Many shots are also “boosters” of the same vaccine to give children the best protection possible.



2. What about “natural immunity”?

Some people think getting a disease is the “natural” way to trigger the body’s immune response, but this comes at a risk—many vaccine-preventable diseases can have dangerous complications, like pneumonia, blindness, brain damage, and even death.

Vaccines safely trigger a [natural immune response](#)—but do not cause the disease. While vaccines can prevent mild and severe illnesses, some, such as flu and COVID-19 vaccines, are more effective in preventing hospitalization and death than milder disease.

3. What about getting shots later or spreading them out?

Skipping or delaying shots leaves your child at risk of catching serious diseases at younger ages—when these diseases are most dangerous. That’s why most doctors

follow the CDC’s recommended immunization schedule, which is based on [independent medical science review](#) and updated each year.

Advice to spread out shots is [not based on science](#).¹⁷ Spreading out shot visits may make you feel more comfortable, but it’s no help to your child. Research shows that getting several shots at the same visit [is safe](#).¹⁸ Spreading out shots may actually be more stressful for your child.

4. What about kids with allergies or other health conditions

Vaccines are safe for kids with [most kinds of allergies](#).⁸ Getting shots may be especially important for children with certain health problems who can get very sick if they catch a disease. If your child has an allergy or any health condition, talk with your doctor. The doctor can tell you if any vaccine should be postponed or avoided. There is [no link](#) between developing asthma or allergies and vaccines.

For more information please visit the [EZIZ](#) website.

Wrapping up Flu Season

Ventura County Public Health’s Immunization Program, in collaboration with Emergency Medical Services, Communicable Disease Program, Medical Reserve Corps, and Health Education Team, just finished up this seasons large scale Flu Point of distribution (POD) events. Collectively, at our four POD’s 327 flu vaccines were administered in communities across our county. We thank all those who helped accomplish this great activity!



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We are on the web!

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

or follow us on

