

Monthly Immunization Update

February 2025

Dear Schools and partners ,

The purpose of this newsletter is to deliver quick and meaningful updates to support our schools and partners 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 all of your colleagues. Thank you !

Black History Month

February is black history month. Ventura County Public Health's Immunization Program recognizes the contributions of Black Americans to vaccinology throughout history, including:

- Onesimus, an enslaved man introduced the idea smallpox variolation in the United states in the 1700's
- Louis Tompkins Wright, the first black surgeon on staff at Harlem Hospital in New York City, developed a new way to give the smallpox vaccine in 1920s and 1930s
- Loney Clinton Gordon was one of three women to develop the pertussis vaccine in the 1940s
- Henrietta Lacks cancer cells from the 1950s contributed to the development of the first polio vaccine, the HPV vaccine, and the COVID-19 vaccine
- Mae C. Jemison, the first Black astronaut, worked in vaccine research at CDC in the 1980s and 1990s
- Kizzmekia S. Corbett, a viral immunologist at NIH, now at Harvard, played a key role in developing the Moderna mRNA COVID-19 vaccine.



Inside this issue:

Black History Month 1

American Heart Month 2

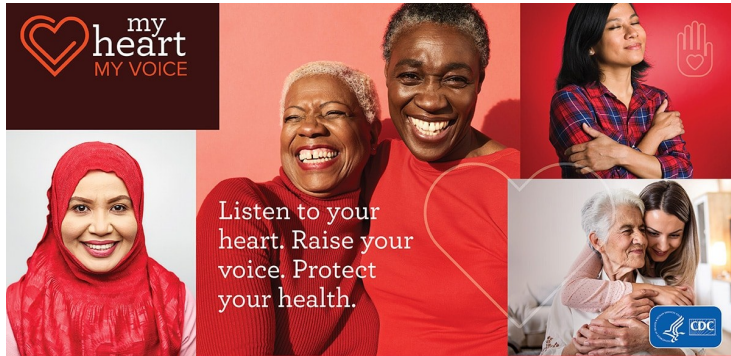
Immunization 2

Health inequities and disparities result, in part, from lower vaccination rates among Black Americans. Ventura County Public Health encourages everyone to do their part to close gaps in vaccination awareness disparities in health outcomes.

American Heart Month

February is American Heart Month, a time when all people—especially women—are encouraged to focus on their cardiovascular health.

- **Heart disease is very common.** In the United States, **heart disease is the leading cause of death** for men, women, and people of most racial and ethnic groups.
- **High blood pressure is a leading cause of heart disease.** Nearly half of U.S. adults have [high blood pressure](#), which puts them at risk for heart disease and stroke.



Listen to your heart. Raise your voice. Protect your health.

Caring about your heart health

Preventing High Blood Pressure: Having a healthy plan with a variety of foods, keeping a healthy weight, and not smoking can help keep your blood pressure in a healthy range, which lowers your risk for heart disease and stroke.

It's not too late to get your immunizations for the winter virus season.

- Flu, COVID-19, and respiratory syncytial virus (RSV) cause most hospitalizations from respiratory illness during fall and winter season.
- Staying up to date with immunizations helps protect you from severe illness.

Fall and Winter Immunization Guide

- COVID-19 and Flu Updated 2024-25 Vaccines**
Everyone 6 months and older
- RSV Immunization to Protect Babies**
Vaccine: Pregnant parents during weeks 32-36 of pregnancy during RSV season
OR
Monoclonal Antibodies: Babies entering or born during the RSV season
- RSV Vaccine for Older Adults**
(currently, older adults only need to get the RSV vaccine once, not annually)
People ages 60 and over at high risk of severe RSV
AND
Everyone ages 75 and older

cdc.gov/respiratory-viruses/prevention/immunizations.html

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We are on the web!

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

or follow us on

