



Corp Healthy News...

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Corphhealth, Your Corporate Source for Health and Wellness Information



August Is National Immunization Awareness Month...

As August is National Immunization Awareness Month (NIAM), this is a great time to increase awareness about vaccinations and immunizations for persons of all ages. Don't forget, Flu season is fast approaching, and is time to get ready!

Vaccines are SAFE and effective...

Vaccines have been proven to be both safe and effective. Without vaccines, we would not have been able to eradicate diseases such as smallpox and polio in the U.S. and drastically reduce potentially deadly diseases such as, measles, diphtheria, rubella, tetanus and pertussis. Our world would be very different without vaccinations! Despite the availability of safe and effective vaccines, there is still significant misinformation and fear that is causing tens of thousands of people in the U.S. to die from vaccine-preventable diseases!

Stay up-to-date on your vaccines, and make sure your loved ones are also protected. Vaccines will protect yourself, your families and friends from serious, life-threatening infections.

Be conscious of the vaccines that are recommended for infants, children, teens, adults, and seniors. **Talk to your Doctor!** Make sure your loved ones are protected. Making sure that we get the proper immunizations, is vital to protecting ourselves, our families, and our communities from disease.



Are Vaccines Really Safe?

Generally, vaccines are very safe. In the US, vaccines are held to the highest standard of safety. The United States currently has the safest, most effective vaccine supply in history. Years of testing are required by law before a vaccine can be licensed. Once in use, vaccines are continually monitored for safety and efficacy. However, like any medication, immunizations can cause side effects or adverse effects.

Government organizations, specifically the the CDC and FDA monitor any vaccine side effects through the Vaccine Adverse Event Reporting System (VAERS). Any hint of a problem with a vaccine triggers further investigations by the CDC and FDA. If researchers find a vaccine may be causing a side effect, the CDC and FDA will initiate appropriate action to identify and correct the nature of the problem. This may include the changing of vaccine labels or packaging, distributing safety alerts, inspecting manufacturers' facilities and records, withdrawing recommendations for the use of the vaccine, or revoking the vaccine's license.

Most Common Side Effects...

In most cases, vaccines are effective and cause no side effects, or only mild reactions such as fever or soreness at the injection site. However, each person is unique and may react differently to a vaccination. For instance, occasionally, people who receive a vaccine do not respond to it and may still get the illness the vaccine was meant to protect them against. Very rarely, people experience more serious side effects, like allergic reactions. Severe reactions to vaccines occur so rarely that the risk is difficult to calculate. Be sure to tell your health care provider if you have health problems or known allergies to medications or food.

Are There Persons Who Should Not Be Vaccinated?

Yes, there are some persons that should not be vaccinated. Each vaccine has its unique set of properties, potential side-effects and indications. Some people should not get certain vaccines or should wait to get them. For instance, children with compromised immune systems, as occurs with cancer patients, often need to wait to be vaccinated. Similarly, if a person has had a severe allergic reaction to a vaccine, a subsequent dose is not recommended. Each vaccine will have its own set of criteria against vaccination. For more information on this subject visit:

<http://www.cdc.gov/vaccines/vpd-vac/should-not-vacc.htm>

Do Vaccines Cause Autism?

Children need vaccinations to protect them from dangerous childhood diseases. These diseases can have serious complications and even kill children. Making sure children get all of their vaccinations can protect them. Although vaccines may have mild side effects, and more rarely, serious complications, in general it is safe to immunize your child.

There has been quite a bit of press lately concerning autism and childhood immunizations. Specifically the vaccines for Measles, Mumps and Rubella (MMR) have been signaled as possibly linked to Autism. To date, there have been numerous scientific studies that have found NO link between Autism and MMR vaccination. An additional, improvement concerning the safety was the removal of the preservative "thimerosal" from children's vaccines. Thimerosal contains tiny amounts of Mercury that while thought harmless nonetheless was concerning enough to be removed in 2000.

Just remember, without vaccinations children are at risk for life long problems and premature death.



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Flu Season Soon Will Be Here...

Flu season will soon be upon us!

Hard to believe that once again we have to start thinking about the flu season. Before we know it, it will be knocking on our door. As August is National Immunization Awareness Month, it is a good time to talk about the flu vaccine.

General Facts...

- Each year in the U.S., an average of 36,000 people die, and more than 200,000 are hospitalized from serious flu-related complications.
- On average, 5 percent to 20 percent of the U.S. population gets the flu each year.
- The flu is a contagious disease caused by influenza viruses. It can cause mild to severe illness and can even lead to death.
- Some people, such as older people, young children, pregnant women, and people with certain health conditions, are at higher risk for serious flu complications.
- Influenza is contagious and spreads mainly from person to person when an infected person coughs or sneezes near others. People also may become infected by touching something with flu viruses on it, and then touching their mouth or nose.
- In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. However, because the symptoms of flu can seem the same as symptoms of other illnesses, it can be very difficult to know if a respiratory infection is caused by the flu virus or not. A doctor can tell you for sure.
- The flu usually starts suddenly and may include symptoms such as fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches.
- Complications of flu can include bacterial pneumonia, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes. Children, in particular, may get sinus and ear infections.
- Pregnant women and young children are at increased risk of complications from influenza.
- **Vaccination is the single best way to protect yourself and people you love from influenza.**
- The flu vaccine is safe and effective and cannot give you influenza.
- It takes about two weeks for the body to build up immunity to the flu after vaccination.
- The nasal-spray flu vaccine is an option for healthy persons aged 2-49 years old. Pregnant women should get the flu shot, not the nasal spray flu vaccine.
- Certain people, including those age 65 years and older, people with chronic medical conditions, pregnant women, and very young children are at high risk of having serious flu-related complications. So, it is especially important that these people and those living with or in close contact with them get a flu vaccine each year.
- It's important to get a flu vaccine every year because the flu vaccine is updated each year to keep up with constantly changing influenza viruses, and because immunity from flu vaccine does not last more than a year.
- **Getting vaccinated should be an annual event.**
- When there is a good match between the vaccine and circulating viruses, the flu vaccine prevents illness in about 70% -90% of healthy adults less than 65 years of age.

Remember...

People who do not get a flu vaccine are taking two risks: they are placing themselves at risk for the flu, including a potentially long and serious illness, and, second, if they get sick, they are also placing their close contacts at risk for influenza. This can be especially serious for babies, young children, pregnant women, and seniors, who are at high risk of flu-related serious complications or death.

Even if you aren't at high risk for serious flu-related complications, the flu can make you very sick. It can put you in bed for days and cause you to miss work, school, or social activities.

Influenza is contagious and can spread to your family and those you love. So, even if you aren't at high risk for serious flu-related complications, if you get influenza, you may spread it to someone who is at high risk of complications and potentially make them very sick.

Protect yourself. Protect your loved ones. Get a flu vaccine.

Who Should Get A Flu Shot?

Anyone who wants to avoid getting the flu should get vaccinated.

It is especially important that people who are at high risk for influenza-related complications get a flu vaccine every year. This includes people who are 50 years or older; people of any age who have asthma, diabetes, heart disease, chronic bronchitis, HIV, or other chronic diseases; children 6 months old up to their fifth birthday; pregnant women; and people who live in nursing homes and other long term care facilities. In addition, healthcare professionals; family members and caregivers of infants under six months old; and any people who care for or live with people at high risk also should get vaccinated each year.

Pregnant women are at risk for serious influenza complications. All women who are pregnant or will be pregnant during influenza season should be vaccinated.