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# Health Matters Newsletter

www.sbcphd.org

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## Influenza Vaccine Recommendations, 2017-2018

On August 25, 2017 the Advisory Committee on Immunization Practices (ACIP) published recommendations for the 2017-18 influenza season. For details, visit <https://www.cdc.gov/mmwr/volumes/66/rr/rr6602a1.htm>.

Routine annual influenza immunization continues to be recommended for all persons aged 6 months and older who do not have contraindications. New and updated information to influenza vaccine recommendations include:

- Influenza Vaccine Composition for 2017-18:
  - ◇ A/Michigan/45/2015 (H1N1)pdm09–like virus (new)
  - ◇ A/Hong Kong/4801/2014 (H3N2)-like virus
  - ◇ B/Brisbane/60/2008–like virus (Victoria lineage)
  - ◇ Quadrivalent influenza vaccines will contain these three viruses, and a B/Phuket/3073/2013–like virus.
- Information on recent licensures and labelling changes:
  - ◇ 13 distinct influenza vaccines. 2017-18 Pediatric/Adult Influenza Vaccine Guide is available at: <http://eziz.org/assets/docs/IMM-859.pdf>
  - ◇ ACIP/CDC expresses no preferences for any one type of influenza vaccine over another, where more than one is appropriate and available.
- FluMist should not be used during the 2017–18 season due to concerns about its effectiveness against influenza A(H1N1)pdm09 viruses in the United States during the 2013–14 and 2015–16 influenza seasons.



## Free Influenza Vaccine Clinic



The Santa Barbara County Public Health Department is hosting a free flu vaccine clinic at the Goleta Valley Community Center in Goleta; 5679 Hollister Ave.

The vaccine will be offered Wednesday, November 1st from 3:00-7:00pm to anyone over the age of 3 years. No appointment or insurance is necessary.

For more information call: (805) 346-8420 or go to [www.sbcphd.org](http://www.sbcphd.org)

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## October is SIDS Awareness Month

According to the CDC, in 2015 there were about 3,700 sudden unexpected infant deaths (SUID) in the United States. SUID is the death of an infant less than 1 year of age that occurs suddenly and unexpectedly, and whose cause of death is not immediately obvious before investigation. Most SUIDs are reported as one of three types: Sudden Infant Death Syndrome (SIDS), accidental suffocation and strangulation in bed, or unknown cause. SIDS is defined as the sudden death of an infant less than 1 year of age that cannot be explained after a thorough investigation is conducted. About 1,600 infants died of SIDS in 2015 nationwide.



The Safe to Sleep<sup>®</sup> campaign (formerly known as the Back to Sleep campaign) began in 1994 to bring public attention to SIDS and educate caregivers on ways to reduce SIDS risk. While the prevalence of SIDS in the United States has decreased by 50% over the last 20 years, SIDS remains the leading cause of death for U.S. infants 1 month to 1 year of age. In 2016, the American Academy of Pediatrics updated their recommendation on safe infant sleeping environment to reduce sleep-related deaths. You may find the technical report along with other useful information [here](#). Some of the recommendations include:

- Always place babies on their backs when putting them to sleep for naps and at night.
- Use a firm sleep surface, e.g. a mattress in a [safety-approved crib](#), covered by a fitted sheet.
- Infants should sleep in parents' room, close to parents' bed, but on a separate surface designed for infants. Ideally, for the first year of life, but at least for the first 6 months. Babies should not sleep in an adult bed, on a couch or on a chair, alone or with anyone else.
- Keep soft objects, such as pillows and loose bedding, out of baby's sleep area.
- [Do not smoke during pregnancy or around baby because these are strong risk factors for SIDS](#). The risk of SIDS is greater when a baby shares a bed with a smoker. To reduce risk, do not smoke during pregnancy, and do not smoke or allow smoking around baby. For help in quitting, call the quit line at 1-800-NO-BUTTS (1-800-662-8887) or visit [NOBUTTS.ORG](#).
- Try giving a pacifier at bedtime and naptime.
- Breastfed babies have a lower risk of SIDS.
- Schedule and go to all well-child visits.
- Make sure baby has plenty of supervised tummy time during the day.
- Do not rely on heart or breathing monitors to reduce the risk of SIDS

The [Safe to Sleep<sup>®</sup> campaign website](#) has materials for parents, caregivers, providers, and other health workers free of charge.

## Epidemiology Program Updates

- 2017 Second Quarter Reportable Communicable Diseases Counts for the County: <http://cosb.countyofsb.org/phd/epi.aspx?id=23610>
- Updated reports available on the Epidemiology Reports webpage: <http://cosb.countyofsb.org/phd/epi.aspx?id=40517>
  - ◇ 2016 HIV Incidence of Santa Barbara Residents

