



## WINTER WONDERS: STEPPING INTO THE NEW YEAR

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Happy New Year from the San Diego Immunization Coalition! We're excited to welcome another wonderful year, aiming to increase immunization rates and improve the health of San Diego County residents.

[View our 2024 recap!](#)

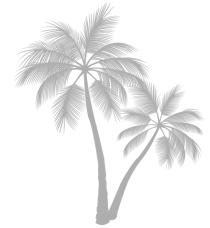


As we embrace the opportunities of the New Year, it's the perfect time to prioritize our health and safety—especially when planning travel. The Centers for Disease Control and Prevention (CDC) emphasizes the importance of staying up to date with routine vaccines, including:

- MMR (Measles, Mumps, Rubella)
- DTaP/Tdap (Diphtheria, Tetanus, Pertussis)
- Polio (Poliovirus)
- Varicella (Chickenpox)
- COVID-19 and Influenza (Flu)



Also, check out tips on **addressing vaccine hesitancy** and learn how **motivational interviewing** can help foster trust and guide informed decisions for safer, healthier journeys.



### MISSION

The mission of SDIC is to increase immunization rates and improve the health of the residents of San Diego County by raising awareness and providing education about vaccine-preventable diseases.

### INSIDE THIS ISSUE

[TRAVEL VACCINES](#)

[TRAVEL TIPS TO STAY SAFE](#)

[VACCINE HESITANCY: COMMON QUESTIONS AND MISCONCEPTIONS](#)

[MOTIVATIONAL INTERVIEWING: HOW TO TALK TO PATIENTS](#)

[2024 YEAR RECAP](#)

## TRAVEL VACCINES



You should have your MMR vaccine administered at least 2 weeks before you travel. If your trip is less than 2 weeks away, you should still get a dose of the MMR vaccine. If you are traveling with an infant between the ages of 6 to 11 months, they should receive a dose of MMR prior to traveling as well. Visit the [CDC webpage](https://www.cdc.gov), "[Plan for Travel](https://www.cdc.gov)" and [sandiegocounty.gov/measles](https://www.sandiegocounty.gov/measles) for more information. Depending on your destination, additional vaccines to consider include Hepatitis A and B, Typhoid, Yellow Fever, Rabies, Japanese Encephalitis, Meningococcal, Cholera, Polio, Pneumococcal, and Shingles.



Travel vaccines help protect you from diseases prevalent in other parts of the world and reduce the risk of spreading infections across borders. While vaccines may not guarantee complete immunity, they significantly lower the risk of infection and complications, giving your body the tools to fight back more effectively. Understanding how diseases spread—whether through food, water, air, insects, or animal interactions—can help you take proper precautions. Whether traveling within the United States or abroad this year, stay informed about your health, safety, and immunizations to ensure a safe and healthy journey!

The County of San Diego Health and Human Services Agency (HHS) Public Health Centers do not provide the vaccines needed for travel. Below is a list of providers offering certain vaccines for travel. Please call ahead or check their website to locate the necessary vaccines you need before visiting a clinic.

All providers listed have the CA State Uniform Stamp for yellow fever issued by the State of California Department of Health Services.

- [Central Region](#)
- [North Central Region](#)
- [North Coastal/Inland Region](#)
- [East Region](#)
- [South Region](#)



## HOW TO STAY SAFE AGAINST....

In addition to vaccines, below are some tips on how to stay safe during your travels!

### Mosquitos

- Use mosquito repellents regularly such as DEET, Picaridin, or Citronella Oil.
- Wear protective clothing such as long-sleeved shirts and pants.
- Avoid being outdoors during peak mosquito feeding times (e.g. sunset)



### Water

- Drink from unopened, sealed bottles
- Disinfect tap water by boiling, filtering, or chemically treating.
- Maintain good hygiene.
- Avoid drinking from bodies of water that might not be cleaned such as oceans, lakes, and rivers.



### Food

- Thoroughly wash fruits and vegetables.
- Cook meat to 71°C.
- Drink/eat only pasteurized dairy products.
- Prevent contact of raw and cooked food together



### Blood/Body Fluids

- Wear a mask in public and/or in high-density areas.
- Wash your hands thoroughly if you have made contact.
- Keep cuts and wounds covered to avoid fluids transmitting through them.



### Ticks

- Avoid tall grasses and leaf piles as there are higher populations in these areas.
- Wear long sleeves and socks.
- Wash/dry all clothing in high temperatures after being outdoors.
- Shower after coming home.



### Animal Attacks

- Avoid coming in direct contact with wild animals
- Know the signs & symptoms of an animal infected with rabies.
- Wash any scratches with soap and water. Call a doctor if signs of infection appear.



## FEDERAL & LOCAL RESOURCES

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Provided below are a list of federal resources which list guidelines for vaccinations and precautions when traveling, Stay safe while traveling, to enjoy the most of your experience.

### FEDERAL

[Traveler Advice | Traveler's Health](#): Overview of travel vaccines and precautions.

[Plan for Travel | Measles](#): Government guidelines for measles vaccination when traveling.

[Destinations | Traveler's Health](#): Discover vaccines and precautions for your travel destination.

[Find a Clinic | Traveler's Health](#): Locate clinics to get vaccines and medicine before you travel.

[Vaccines](#): Learn more about diseases and routine vaccinations before traveling.

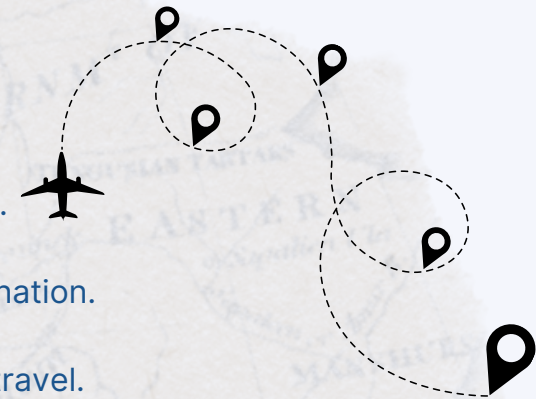
[Vaccines for Traveling](#): Understand the three R's for travel vaccines and view a comprehensive list of infectious diseases and vaccines.

### LOCAL

[Travel Vaccines](#): Vaccine resources and clinics throughout San Diego County.

[Getting Your Vaccines](#): Stay up-to-date with vaccines by exploring different ways to get vaccinated.

[How To Find Your Immunization Records](#): Here are some tips on finding your or your child's immunization records.



## VACCINE HESITANCY: COMMON QUESTIONS AND MISCONCEPTIONS

Vaccine hesitancy can arise from misinformation, leading patients to develop misconceptions about vaccines and their effectiveness. This is especially important when discussing travel vaccines. Here are some ways to respond and address common myths to help patients make informed decisions.

**Myth #1:** I'm young, and my body can recover without an unnecessary vaccine.

**Truth:** Everyone can suffer from infectious diseases. Younger people can also be carriers, helping spread transmission. Many unvaccinated adolescents and young adults experience prolonged symptoms and a higher incidence of complications.

**Myth #2:** This disease is already eradicated; I don't need a vaccine for it.

**Truth:** Smallpox is the only disease recognized as eradicated. To achieve this, global vaccination is necessary. Vaccines help achieve eradication and lower incidence rates.

**Myth #3:** Vaccines cause long-term and damaging side effects.

**Truth:** Vaccines undergo multiple layers of safety and processing before release. Mild symptoms like a low-grade fever or pain at the injection site are signs the immune system is learning.

**Myth #4:** Only children need vaccines.

**Truth:** Vaccines protect yourself and others, regardless of age. Some vaccines need regular updates, like the Influenza vaccine. Others, like the Shingles vaccine, help in specific situations.

**Myth #5:** Vaccines are not helpful because I can still get sick even after vaccination.

**Truth:** In the few days after vaccination, some people feel sick, which can deter them from future shots. This reaction means the body is learning to fight the disease. Individuals may still get sick despite vaccination, but usually with milder symptoms and fewer complications. Vaccine effectiveness may also decrease with age.



## MOTIVATIONAL INTERVIEWING: HOW TO TALK TO PATIENTS

Motivational interviewing is a goal-oriented style of communication that centers around the patient's reasons for opposition and strengthens their motivation to change. When discussing travel vaccines, this approach uses patient-focused language, allowing individuals to explore their concerns and make informed decisions in an atmosphere of acceptance and compassion.



### Key Elements

1. **Partnership**— A collaborative process allowing a physician and client to work together. Both parties must engage respectfully to explore various topics.
2. **Evocation**— Helps physicians understand the patient's values, goals, and motivations. This enables them to guide the patient towards their goals by leveraging their reasons for change.
3. **Acceptance**— Highlights the importance of the client's independence. Respecting the patient's rights by allowing them to make their own decisions and framing change as a choice.
4. **Compassion**— Prioritizes the patient's welfare and well-being. Acknowledge their concerns and perspective. Communicate warmly and listen to their side of the story.

### Core Skills (OARS) and Examples to Use in Practice

- **Open Questions:** Use open-ended questions to learn about the client's experiences and ideas. This allows for a structure where the physician can explore what the person is knowledgeable about and then seek permission to offer more, allowing a mutual conversation. This allows the patient to become vulnerable and be open about their perspective.
  - *Example:* Can you tell me more about your challenges with this decision?
- **Affirmation:** Using affirmations allows the patient to feel recognized for their past successes and efforts. This allows for a personal connection between the two parties and encourages the patient to build confidence in the ability to change.
  - *Example:* I can see how much effort you've put into thinking about this decision.
- **Reflections:** Using reflections comes from listening to the patient and mirroring what they are saying. It involves understanding them and then repeating/rephrasing what was conveyed.
  - *Example:* So what I'm hearing is that...
- **Summarizing:** Using summarizing allows all the key points used in the conversation to be emphasized, and this skill helps to reinforce the person's motivations towards the mutual goal. It combines the past three skills and allows the patient to feel heard and listened to.
  - *Example:* Let me make sure I understand. You've been contemplating — because of how it is affecting your health, but you are worried about — Does that sound correct?



## 2024 SAN DIEGO IMMUNIZATION COALITION RECAP

In 2024, the San Diego Immunization Coalition held 2 Summits, along with PAC/PAC-V4W Meetings, 3 General Meetings and Webinars, and 5 Immunization Skills Institute Trainings. Additionally, we tabled and presented at two conferences: the National Conference for Immunization Coalitions and Partnerships, and the California Immunization Coalition Summit.



**SUMMITS**



**MEETINGS & EVENTS**



**STEERING COMMITTEE**



**TRAININGS**



**PARTNERSHIPS**