SDSU Student Health Alert

January 20, 2015 - Vaccine Preventable Infections

Brought to you by SDSU Student Health Services

Protect Yourself From Flu

Don’t fall behind in your classes because of the flu (influenza)! This winter promises to be a severe flu season. Flu is widespread throughout much of the country, and cases are rapidly increasing in San Diego. You may have heard that this year’s influenza vaccine is not a perfect match for all the strains of this virus that are circulating, but it is still highly recommended for everyone over the age of six months as it provides some protection. Influenza vaccine is still available at Student Health Services (SHS). For additional information on how to protect yourself from flu and care for yourself if you become ill, see shs.sdsu.edu or call 619-594-4325, then press “6” and then “1.”

Meningococcal Meningitis

In October 2014, an SDSU student died of a meningitis infection caused by a specific strain of meningococcus bacteria called serogroup B. That strain was not covered by Menactra™ and other meningococcal vaccines available at the time as they provide protection against serogroups A, C, Y and W-135 but not B. Since then, a new vaccine specifically designed to prevent serogroup B meningococcal disease (Trumenba™) was released for people ages 10-25 years. Some people may have received the A/C/Y/W-135 vaccine during their teen years. The Centers for Disease Control (CDC) recommend you consider the Menactra™ vaccination if you are a first year college student living in a residence hall, especially if you received only one dose or if your second dose was more than 5 years ago. CDC does not currently recommend Trumenba™ immunization of all students, even if there has been a single case of meningitis on a campus, but you may want to consider this for additional protection. For more on meningococcal disease, see the CDC.

Measles In San Diego

The California Department of Public Health has reported that 13 San Diego residents have been diagnosed with measles since January 6, and there are 26 cases elsewhere in California, 5 cases in 3 other states and one in Mexico. All but five cases have been linked to an exposure at Disneyland between December 17 and 20, 2014. Many of these individuals were not immunized. They may have exposed other individuals in the following settings so there is the potential for them to become ill:

- Parkway Plaza Mall in El Cajon, Dec. 29 between 10 a.m. and 2 p.m., especially in or around GameStop, Sunglasses Hut and the carousel in the mall.
- Ice-Plex Escondido, 555 N Tulip Street, Escondido, on Dec. 30 from 8 p.m. to 10:30 p.m.
- Sharp-Rees-Steely Urgent Care Clinic, 5525 Grossmont Center Drive, La Mesa, on Jan. 3 between 10:30 a.m. and 1:30 p.m. and Jan. 14 from noon until the clinic was closed at 1:00 p.m.
- Regal Carlsbad 12, 2501 El Camino Real, Carlsbad, on Jan. 6 from 9:30 p.m. to 1:30 a.m.
• Absolute Personal Fitness, 2000 Main Street, Julian, on Jan. 9 between 5:00 p.m. and 7:00 p.m.
• Julian Fitness Center, 2216 Main Street, Julian, on Jan. 9 between 5:00 p.m. and 7:00 p.m.
• Phil’s BBQ, 579 Grand Ave, San Marcos, on Jan. 11 from 2 p.m. to 5 p.m.
• City of San Diego Operations building, 1222 First Avenue, San Diego, on Jan. 12 from 6:30 a.m. to 4:00 p.m., Jan 13 from 9:00 a.m. to 4:30 p.m., and Jan. 14 from 6:30 a.m. to 5:30 p.m.
• Trader Joes, 5495 Grossmont Center Drive, La Mesa, on Jan. 12 between 4:00 p.m. and 7:00 p.m.
• Albertsons, 7660 El Camino Real, Carlsbad, on Jan. 13 from 6 a.m. to 5 p.m.
• Rite Aid Pharmacy, 1665 Alpine Blvd., Alpine, on Jan. 13 between 4:00 p.m. and 7:00 p.m.
• Sprouts Farmers Market, 471 College Blvd, Oceanside, on Jan. 14 from 4 p.m. to 7 p.m.
• CVS Pharmacy, 2760 Fletcher Parkway, El Cajon, on Jan 14 from 4:00 p.m. to 7:00 p.m.
• Vons, 2800 Fletcher Parkway, El Cajon on Jan. 14 from 4:00 p.m. to 7:00 p.m.
• Vista Community Clinic, 1000 Vale Terrace Drive, Vista, on Jan. 16 from 11 a.m. to 5:30 p.m.

Measles illness usually develops 10-12 days (but up to 21 days) after an exposure. It is typically associated with fever, runny nose, cough, “pink eyes,” and then a red, blotchy rash. While SDSU students are required to provide proof of at least one measles immunization (typically given in an MMR or Measles, Mumps, Rubella vaccination), two doses of MMR are recommended. If you need a MMR vaccination, it is available at SHS. If you are concerned you might have measles, call SHS at 619-594-4325. Do not come to the health center or go to class unless instructed, as measles is highly contagious and you could infect other students. More information on measles is available at the CDC.

**Whooping Cough (Pertussis)**

California is in the midst of a pertussis epidemic and San Diego is experiencing levels significantly higher than state averages. This infection results in a persistent, annoying cough in adults, but it can be fatal in some who are infected, particularly infants. One dose of Tetanus/Diphtheria/Pertussis vaccine (Tdap) is routinely given at age 11 or 12. People who did not get Tdap at that age or after should get it as soon as possible. All women, irrespective of their immunization history, should be immunized with Tdap during every pregnancy between 27-36 weeks. A single dose of Tdap is recommended for health care personnel who have not previously received Tdap as an adult and who have direct patient contact. SHS offers Tdap immunization. For details on pertussis, see the CDC.

**Immunizations at SHS**

These immunizations are available at Student Health Services. Vaccination costs are

- Influenza (flu) $15 for a single dose
- Trumenba™ (meningococcal serogroup B) $120 for each of 3 doses
- Menactra™ (meningococcal serogroups A/C/Y/W-135) $91 for a single dose
- Tdap $38 for a single dose
- MMR $50 for a single dose

Make your immunization appointment online at our web portal at healthconnect.sdsu.edu or call 619-594-4325 and press “1.”