



MERIDEN DEPARTMENT OF HEALTH AND HUMAN SERVICES

CURRENT SEASONAL HEALTH AND RESPIRATORY VIRUS UPDATES

Monthly Newsletter: August 2024



National Immunization Awareness Month

AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH

Vaccines are one of the greatest success stories in public health. Through use of vaccines, we have eradicated smallpox and nearly eliminated wild polio virus. The past 2 decades have seen a significantly lower number of cases, hospitalizations, deaths, and health-care costs associated with vaccine-preventable diseases.

As a local health department, we encourage *everyone* to stay up to date with their vaccinations, but particularly babies and children since their immune system is still developing.

Q: What do vaccines do? A: Vaccines protect against diseases. Different vaccines work in different ways, but every vaccine helps the body's immune system learn how to fight germs. It typically takes a few weeks for protection to develop after vaccination, but that protection can last a lifetime. A few vaccines, such as those for tetanus or seasonal flu, require occasional booster doses to maintain the body's defenses.

Q: Why should I vaccinate my child? A: It is always better to prevent a disease than to treat one after it occurs. Vaccination is a safe, highly effective, and easy way to help keep your family healthy. The recommended vaccination schedule balances when a child is likely to be exposed to a disease and when a vaccine will be most effective. Vaccines are tested to ensure they can be given safely and effectively at the recommended ages. Our office can provide you with vaccine information statements, in your preferred language, that explain the benefits and risk of a vaccine.

Q: But won't a vaccine cause my baby to get sick? A: Vaccines are extremely safe and serious side effects are rare. Almost all sickness or discomfort after vaccination is minor and temporary, such as a soreness at the injection site or mild fever. These can often be controlled by taking over-the-counter pain medication as advised by a doctor, or applying a cold cloth to the injection site. If parents are concerned, they should contact their doctor or health care provider.

Results from our recent rapid community assessment notes our department as a trusted source of information on vaccinations. We are proud that our local health department is a supportive space that welcomes vaccine questions and concerns from our clients and parents. Please reach out to our Clinic at 203-630-4234 with any questions, or to schedule a vaccination appointment.



Written by Stephanie Denya, MPH, RN, NCSN
Associate Director of Health

Information adapted from the Center for Disease Control and Prevention and the American Academy of Pediatrics.

The first day of school in Meriden is August 28!
Is your child up-to-date on their school required vaccinations?



STATE OF CONNECTICUT

DEPARTMENT OF PUBLIC HEALTH

**IMMUNIZATION REQUIREMENTS FOR ENROLLED
STUDENTS IN CONNECTICUT SCHOOLS
2024-2025 SCHOOL YEAR**



PRESCHOOL

Hepatitis B: 3 doses, last one on or after 24 weeks of age
DTaP: 4 doses (by 18 months for programs with children 18 months of age)
Polio: 3 doses (by 18 months for programs with children 18 months of age)
MMR: 1 dose on or after 1st birthday
Varicella: 1 dose on or after 1st birthday or verification of disease
Hepatitis A: 2 doses given six calendar months apart, 1st dose on or after 1st birthday
Hib: 1 dose on or after 1st birthday
Pneumococcal: 1 dose on or after 1st birthday
Influenza: 1 dose administered each year between August 1st-December 31st (2 doses separated by at least 28 days required for those receiving flu for the first time)

KINDERGARTEN

Hepatitis B: 3 doses, last dose on or after 24 weeks of age
DTaP: At least 4 doses. The last dose must be given on or after 4th birthday
Polio: At least 3 doses. The last dose must be given on or after 4th birthday
MMR: 2 doses separated by at least 28 days, 1st dose on or after 1st birthday
Varicella: 2 doses separated by at least 3 months-1st dose on or after 1st birthday; or verification of disease. 28 days between doses is acceptable if the doses have already been administered.
Hepatitis A: 2 doses given six calendar months apart, 1st dose on or after 1st birthday
Hib: 1 dose on or after 1st birthday for children less than 5 years old
Pneumococcal: 1 dose on or after 1st birthday for children less than 5 years old

GRADES 1-6

Hepatitis B: 3 doses, last dose on or after 24 weeks of age
DTaP/Td: At least 4 doses. The last dose must be given on or after 4th birthday. Students who start the series at age 7 or older only need a total of 3 doses.
Polio: At least 3 doses. The last dose must be given on or after 4th birthday
MMR: 2 doses separated by at least 28 days, 1st dose on or after 1st birthday
Varicella: 2 doses separated by at least 3 months-1st dose on or after 1st birthday; or verification of disease. 28 days between doses is acceptable if the doses have already been administered.
Hepatitis A: 2 doses given six calendar months apart, 1st dose on or after 1st birthday

GRADE 7-12

Hepatitis B: 3 doses, last dose on or after 24 weeks of age
Tdap/Td: 1 dose for students who have completed their primary DTaP series. Students who start the series at age 7 or older only need 3 doses of tetanus-diphtheria containing vaccine, one of which must be Tdap
Polio: At least 3 doses. The last dose must be given on or after 4th birthday
MMR: 2 doses separated by at least 28 days, 1st dose on or after 1st birthday
Varicella: 2 doses separated by at least 3 months-1st dose on or after 1st birthday; or verification of disease. 28 days between doses is acceptable if the doses have already been administered.
Hepatitis A: 2 doses given six calendar months apart, 1st dose on or after 1st birthday
Meningococcal: 1 dose

- DTaP vaccine is not administered on or after the 7th birthday.
- Tdap can be given in lieu of Td vaccine for children 7 years and older unless contraindicated.
- Hib is NOT required once a student turns 5 years of age.
- Pneumococcal conjugate is NOT required once a student turns 5 years of age.
- Influenza is NOT required once a student turns 5 years of age.
- HepA requirement for school year 2024–2025 applies to all Pre-K through 12th graders born 1/1/07 or later.
- HepB requirement for school year 2024–2025 applies to all students in grades K–12.
Spacing intervals for a valid HepB series: at least 4 weeks between doses 1 and 2; 8 weeks between doses 2 and 3; at least 16 weeks between doses 1 and 3; dose 3 must be administered at 24 weeks of age or later.
- Second MMR for school year 2024–2025 applies to all students in grades K–12.
- Meningococcal conjugate requirement for school year 2024–25 applies to all students in grades 7–12.
- Tdap requirement for school year 2024–2025 applies to all students in grades 7–12.
- If two live virus vaccines (MMR, varicella, MMRV, intranasal influenza) are not administered on the same day, they must be separated by at least 28 days (there is no 4 day grace period for live virus vaccines). If they are not separated by at least 28 days, the vaccine administered second must be repeated.
- Lab confirmation of immunity is **only** acceptable for HepA, HepB, measles, mumps, rubella, and varicella.
- **VERIFICATION OF VARICELLA DISEASE:** confirmation in writing by a MD, PA, or APRN that the child has a previous history of disease, based on family or medical history.

For the full legal requirements for school entry visit: <https://tinyurl.com/CTImmunLawReg>

If you are unsure if a child is in compliance, please call the Immunization Program at (860) 509-7929.

New Entrant Definition:


*New entrants are any students who are new to the school district, including **all** preschoolers and all students coming in from Connecticut private, parochial and charter schools located in the same or another community. **All preschoolers, as well as all students entering kindergarten**, including those repeating kindergarten, and those moving from any public or private pre-school program, even in the same school district, **are considered new entrants**. The one exception is students returning from private approved special education placements—they are not considered new entrants.

Vaccines supplied by the State of Connecticut are listed [at https://tinyurl.com/CTVFC2024](https://tinyurl.com/CTVFC2024), along with brand names.



If your child needs a vaccine for back to school, or if you need to drop off school registration medical paperwork, call our Clinic at 203-630-4234.

We are here Monday - Friday,
8:00am to 4:30pm,
and have some late nights scheduled.
Our office gets very busy the closer it gets to the first day of school!



Meriden Department of Health and Human Services

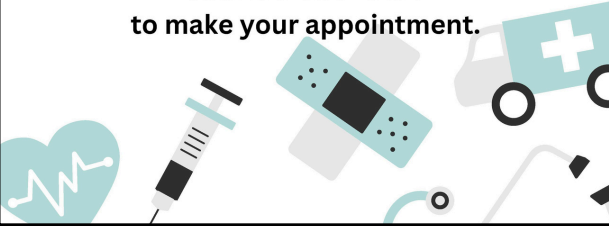
Clinic Late Hours

We will be open until 6:00pm on:

July 30	Aug. 13
Aug. 19	Aug. 22

- Adult and child immunizations
- School registration medical paperwork drop-off and clearance

165 Miller Street
Call 203-630-4234
to make your appointment.



MOSQUITO MONITORING

Updated: July 30, 2024

2024 West Nile Virus Activity

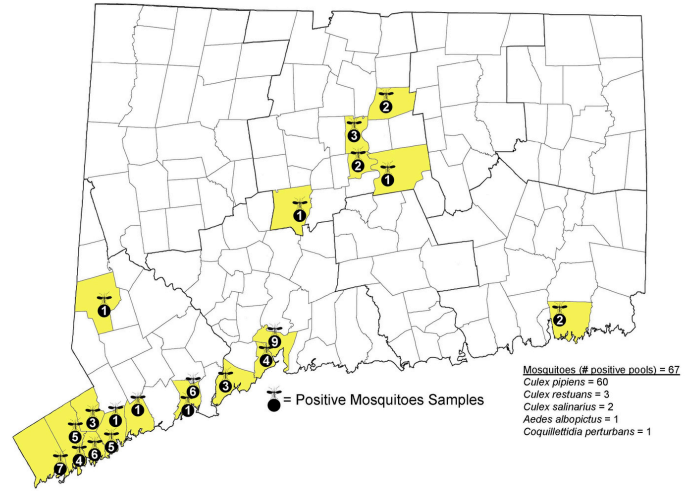
As of July 30, 2024:

Towns with

West Nile Virus

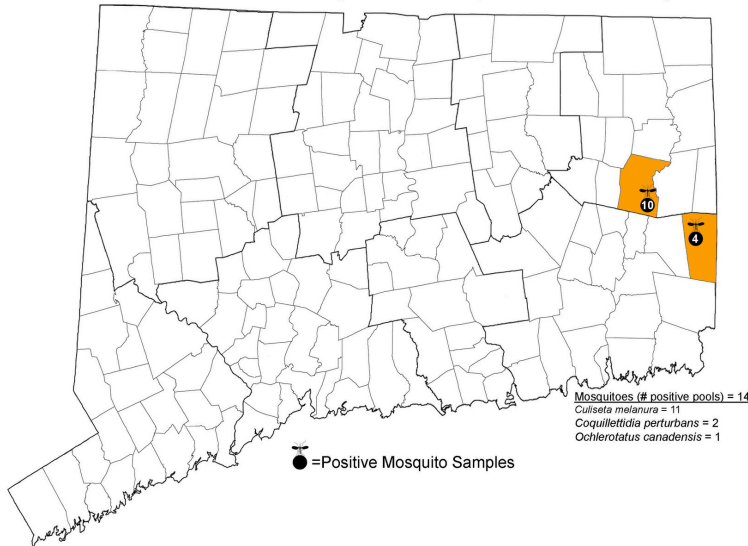
Infected Mosquitoes:

**Bridgeport, Danbury, Darien,
Glastonbury, Greenwich, Groton,
Hartford, Milford, New Canaan, New
Haven, Norwalk, South Windsor,
Southington, Stamford, West Haven,
Westport, Wethersfield**



Updated: July 30, 2024

2024 Eastern Equine Encephalitis Activity



As of July 30, 2024:

Towns with

Eastern Equine Encephalitis

Infected Mosquitoes:

Canterbury, Voluntown

The Connecticut Agricultural Experiment Station (CAES) is responsible for trapping, identifying, and testing mosquitoes for encephalitis viruses.

Meriden's testing location is Falcon Park.



FIGHT THE BITE - PREVENT MOSQUITO BITES!

RESPIRATORY VIRUS INFORMATION

CDC Recommends Updated 2024-2025 COVID-19 and Flu Vaccines for Fall/Winter Virus Season

In late June the CDC recommended the updated 2024-2025 COVID-19 vaccines and the updated 2024-2025 flu vaccines to protect against severe COVID-19 and flu this fall and winter.

It is safe to receive COVID-19 and flu vaccines at the same visit. Data continue to show the importance of vaccination to protect against severe outcomes of COVID-19 and flu, including hospitalization and death. In 2023, more than 916,300 people were hospitalized due to COVID-19 and more than 75,500 people died from COVID-19. During the 2023-2024 flu season, more than 44,900 people are estimated to have died from flu complications.

Updated 2024-2025 COVID-19 Vaccine Recommendation

CDC recommends everyone ages 6 months and older receive an updated 2024-2025 COVID-19 vaccine to protect against the potentially serious outcomes of COVID-19 this fall and winter whether or not they have ever previously been vaccinated with a COVID-19 vaccine. Updated COVID-19 vaccines will be available from Moderna, Novavax, and Pfizer later this year. This recommendation will take effect as soon as the new vaccines are available.

The virus that causes COVID-19, SARS-CoV-2, is always changing and protection from COVID-19 vaccines declines over time. Receiving an updated 2024-2025 COVID-19 vaccine can restore and enhance protection against the virus variants currently responsible for most infections and hospitalizations in the United States. COVID-19 vaccination also reduces the chance of suffering the effects of Long COVID, which can develop during or following acute infection and last for an extended duration.

Last season, people who received a 2023-2024 COVID-19 vaccine saw greater protection against illness and hospitalization than those who did not receive a 2023-2024 vaccine. To date, hundreds of millions of people have safely received a COVID-19 vaccine under the most intense vaccine safety monitoring in United States history.

Information about COVID-19 vaccines can be found [HERE](#).

A full list of clinics available in Connecticut can be found at <https://www.vaccines.gov/>.

Search by zip code and type of vaccine desired.

Please call before going to ensure dates, times, and supply is correct.



We have a limited amount of iHealth COVID-19 home test kits available. Please call our office at 165 Miller Street if you are in need. Meriden residents only. We cannot provide bulk test kits to organizations or businesses.

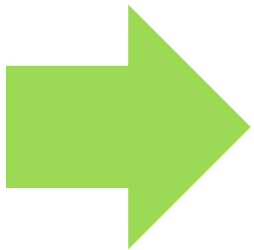
Updated 2024-2025 Flu Vaccine Recommendation

CDC recommends everyone 6 months of age and older, with rare exceptions, receive an updated 2024-2025 flu vaccine to reduce the risk of influenza and its potentially serious complications this fall and winter.

Most people need only one dose of the flu vaccine each season. While CDC recommends flu vaccination as long as influenza viruses are circulating, September and October remain the best times for most people to get vaccinated. Flu vaccination in July and August is not recommended for most people, but there are several considerations regarding vaccination during those months for specific groups:

- Pregnant people who are in their third trimester can get a flu vaccine in July or August to protect their babies from flu after birth, when they are too young to get vaccinated.
- Children who need two doses of the flu vaccine should get their first dose of vaccine as soon as it becomes available. The second dose should be given at least four weeks after the first.
- Vaccination in July or August can be considered for children who have health care visits during those months if there might not be another opportunity to vaccinate them.
- For adults (especially those 65 years old and older) and pregnant people in the first and second trimester, vaccination in July and August should be avoided unless it won't be possible to vaccinate in September or October.

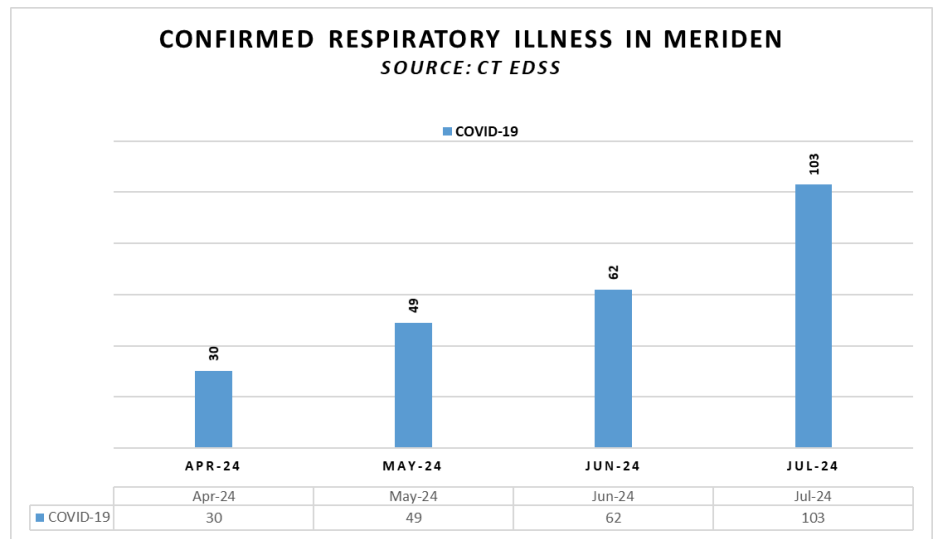
Updated 2024-2025 flu vaccines will all be trivalent and will protect against an H1N1, H3N2 and a B/Victoria lineage virus. The composition of this season's vaccine compared to last has been updated with a new influenza A(H3N2) virus.



Our Department will offer the flu vaccine this fall for both adults and children.

When our vaccine comes in we will post availability on our website and on social media.

We continue to monitor cases of COVID-19 in Meriden. Confirmed cases are reportable to local health departments. The numbers on the right do not include those who test positive via a home test, or those who are ill and do not test.



Respiratory Virus Guidance Snapshot

Core prevention strategies

Immunizations



Hygiene



Steps for Cleaner Air



Treatment



Stay Home and Prevent Spread*



ADDITIONAL STRATEGIES

Additional prevention strategies

Masks



Distancing



Tests



Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

*Stay home and away from others until, for 24 hours BOTH:



Your symptoms are getting better



You are fever-free (without meds)



Then take added precaution for the next **5 days**

CDC's guidance for respiratory viruses provides practical recommendations and information to help people lower health risks posed by a range of common respiratory viral illnesses, including COVID-19, Influenza (flu) and Respiratory Syncytial Virus (RSV).

When you may have a respiratory virus...

Stay home and away from others (*including people you live with who are not sick*) if you have respiratory virus symptoms that aren't better explained by another cause. These symptoms can include fever, chills, fatigue, cough, runny nose, and headache, among others.

You can go back to your normal activities when, for at least 24 hours, **both** are true:

1. Your symptoms are getting better overall, **and**
2. You have not had a fever (and are not using fever-reducing medication).

When you go back to your normal activities:

Take added precaution over the next 5 days, such as taking additional steps for cleaner air, hygiene, masks, physical distancing, and/or testing when you will be around other people indoors.

To find a COVID-19 testing site near you, please use the [CDC's COVID-19 Testing Locator Tool](#).

MERIDEN DEPARTMENT OF HEALTH AND HUMAN SERVICES

Working for Our Community



165 Miller Street Meriden, CT 06450



(203) 630-4226



Monday-Friday 8:00 AM - 4:30 PM

FOR ALL UPCOMING EVENTS AND NEWS:



City of Meriden Health & Human Services
Department



SCAN ME

Scan the QR code to visit our website
www.meridenhealth.com



CLINICAL SERVICES

(203) 630-4234

ENVIRONMENTAL HEALTH

(203) 630-4226

PUBLIC HEALTH EDUCATION

(203) 630-4288

MERIDEN SCHOOL READINESS

(203) 630-4222

WOMEN, INFANTS AND CHILDREN (WIC)

(203) 630-4245

JUVENILE ASSISTANCE AND DIVERSION BOARD (JAD)

(203) 639-5058

PUBLIC HEALTH EMERGENCY PREPAREDNESS

(203) 630-4221

SCHOOL HEALTH SERVICES

(203) 630-4239

SENIOR CENTER

22 WEST MAIN STREET
(203) 237-0066