



Enrollee Newsletter

August 2020

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August is National Immunization Awareness Month

Community Care Plan, 'the health plan with a heart'

Adolescent Immunizations:

There are 4 recommended immunizations for preteens:

1. Meningococcal

- How many doses? Two (2). One at 11 - 12 years old and one at 16 years old.
- What does the vaccine protect my child from?
 - Protects against the bacteria that causes Meningococcal Disease.
 - Protects from infections of the spinal cord, the lining of the brain, and bloodstream.
 - Protects against long term disabilities that may come with having Meningococcal Disease including loss of limbs, deafness, and brain damage.

2. Tdap (Tetanus, diphtheria, and pertussis)

- How many doses? One (1) at 11 - 12 years and every pregnancy.
- What does the vaccine protect my child from?
 - **Tetanus (Lockjaw):** causes muscle tightness and stiffness all over the body. Sometimes it tightens your mouth so you cannot swallow or breathe. Tetanus kills about 1 in 10 people even after receiving medical care.
 - **Diphtheria:** causes a thick coating in the back of the throat. It can lead to breathing problems, paralysis, heart failure, and death.
 - **Pertussis (Whooping cough):** It can cause difficulty breathing, vomiting, disrupted sleep, rib fracture, weight loss, and incontinence. Complications include pneumonia or death.

3. HPV (Human Papillomavirus)

- How many doses?
 - At 11 - 12 years: Two (2) if the shots are given 6 - 12 months apart. Three (3) if the shots are given less than 5 months apart.
 - After 15 years: Three (3) doses over 6 months.
- What does the vaccine protect my child from?
 - Six types of cancer infections.
 - Abnormal cells that can lead to cancer.
 - Protects before exposure to cancer-causing infections.

4. Flu (Influenza)

- How many doses? One (1), every year from the time you are 6 months old.
- What does the vaccine protect my child from?
 - Prevents the spread of the flu.
 - Reduce the risk of flu illness and flu complications.
 - Life-saving for children.



Source:

www.cdc.gov/vaccines/parents/diseases/flu.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fvaccines%2Fparents%2Fdiseases%2Fteen%2Fflu.html
www.cdc.gov/vaccines/parents/diseases/mening.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fvaccines%2Fparents%2Fdiseases%2Fteen%2Fmening.html
www.cdc.gov/vaccines/hcp/vis/vis-statements/tdap.html

Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please contact our customer service number at 1-866-899-4828 /TTY/TDD, 1-855-655-5303, Monday through Friday from 8:00 a.m. to 7:00 p.m. ET. Esta información está disponible gratis en otras lenguas. Por favor, contacte a nuestro departamento de servicio al cliente al 1-866-899-4828 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00 a.m. a 7:00 p.m. Si ou vie resevwa enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-899-4828 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.

Benefits of Breastfeeding

There are benefits to both moms and babies from breastfeeding.

Moms have a decreased risk of:

- Breast Cancer
- High Blood Pressure
- Ovarian Cancer
- Type 2 Diabetes

Babies have a decreased risk of:

- Asthma
- Diarrhea/ Vomiting
- Ear Infections
- NEC (Necrotizing enterocolitis) for preterm babies
- Obesity
- Severe lower respiratory disease
- SIDS (sudden infant death syndrome)
- Type 1 Diabetes



Length of Breastfeeding

There are two recommendations for how long a mom should breastfeed.

- **American Academy of Pediatrics (AAP):** exclusively breastfeed for about the first 6 months and keep breastfeeding while introducing foods for 1 year or longer.
- **World Health Organization (WHO):** exclusively breastfeed for about the first 6 months and keep breastfeeding while introducing foods for 2 years or longer.

Breastfeeding Contraindications

When should a mom not breastfeed their baby? According to the CDC, a mom should not breastfeed if:

- Baby has classic galactosemia
- Mom has HIV
- Mom has HTLV (human T cell lymphotropic virus) type 1 or type 2
- Mom uses illicit street drugs and are not enrolled in a methadone program and have a negative screening for HIV
- Moms who are suspected to have or have Ebola virus

Need help finding a doctor during your pregnancy? CCP can help you find an OB doctor. Please call Member Services at 1-866-899-4828.

Source:

www.cdc.gov/breastfeeding/faq/index.htm

www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/contraindications-to-breastfeeding.html

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