

Public Health Points

York City Bureau of Health

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Phone: 717-849-2252 Fax: 717-852-9397

www.yorkcity.org

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Preparations for Influenza Season 2011-2012

Children are back to school. The York Interstate Fair is over. The days are mild and the nights are cool – fall has arrived. Now is the time to put annual flu shots at the top of the to-do list.

Manufacturers of flu vaccines by this time have begun shipping their vaccines to doctors' offices, public health departments, pharmacies, grocery stores, and other participating retail stores. Everyone is ready to get started, and the sooner the better. Usually flu season doesn't begin in the York area until the Thanksgiving/Christmas holiday time. However, flu season has been known to start earlier some years. No one can predict precisely beforehand when flu illnesses will pickup and take off.

Every year during the winter months 35,000 to 40,000 deaths in the U.S. are attributable to the flu. Far many more individuals with the flu are hospitalized or miss work or school. Much of this morbidity (illness, hospitalization, missed work or school) and mortality (deaths) could be prevented if more individuals received the flu immunization.

This flu season's vaccine contains three antigens. Two antigens are new this year and one is the same as in last year's vaccine. The flu vaccine to be used this 2012-13 season in the U.S. contains the following:

- A/California/7/2009 (H1N1)-like virus,
- A/Victoria/361/2011 (H3N2)-like virus, and
- B/Wisconsin/1/2010-like virus.

The Centers for Disease Control and Prevention (CDC) recommend that everyone 6 months of age and older be vaccinated. Certain groups continue to be high risk and high priority to receive the flu vaccine: caretakers and close family members of infants under 6 months of age, pregnant women, persons 65 years of age and older, residents of nursing homes and long-term care facilities, healthcare workers, individuals with chronic medical conditions such as heart disease, lung disease, diabetes, impaired immune system, and morbid obesity.

In the very near future, local organizations sponsoring flu immunization clinics will be advertising their fall schedule. Physician offices will also soon be directing their patients to call and make an appointment to get their flu shots. Federal and State public health officials are confident that this year's flu vaccine supply will be more than adequate to meet public demand.

For more information about this year's flu season and vaccine, visit the CDC website at: www.cdc.gov/flu.

Reportable Conditions – 2012 City of York, Pa		
Reported Cases	Aug.	Total
Animal Bites	7	61
Campylobacter Enteritis	1	4
Chlamydia	35	369
Cryptosporidiosis	0	1
Gonorrhea	17	237
Hepatitis B	1	2
Hepatitis C	6	58
HIV Infection	0	9
Influenza, Type A	0	1
Influenza, Type B	0	3
Invasive Group A Beta-Strep Disease	0	2
Lead Poisoning	1	21
Legionellosis	0	1
Lyme Disease	0	3
Malaria	1	1
Meningitis – Bacterial	0	1
Pertussis	1	2
Respiratory Syncytial Virus (RSV) Infection	0	35
Salmonellosis	2	7
Syphilis – Primary/Secondary	0	2
Total Case Reports	72	820



York City residents can get free flu shots at the Bureau of Health's Albert S. Weyer Health Center, 435 West Philadelphia Street, by calling 815-0910 to schedule an appointment.

Breast Cancer Awareness Month

During the month of October, we will again see the country observing Breast Cancer Awareness Month. Throughout October, many organizations and agencies will provide breast cancer screenings, educational information, and support through the offering of expanded services and special programs.

This is an excellent time of year for women to learn about their risk and get screened for breast cancer. All women age 40 or older should get an annual mammogram, clinical breast exam, and report any breast changes to their doctor immediately. Women ages 20 to 39 should get a clinical breast exam at least once every three years and also report any breast changes with their doctor right away.

Breast cancer is the most common cancer that you may face as a woman. Finding it early increases your treatment choices and can save your life. Breast cancer can occur at any age, but it is much more likely to happen after age 40 and even more so as you get older. Women who have had their first pregnancy over the age of 30, began their period at a very young age, have a first degree relative (maternal or paternal side of the family) diagnosed with breast cancer, have a genetic predisposition, or have been previously diagnosed with cancer are also at a higher risk for breast cancer.

When caught early, the chance of survival is high. Talk with your health care provider to schedule your mammogram and clinical breast exam.

For breast cancer awareness services and events planned for October in York County, visit:

- **Memorial Hospital** - Breast Center Services at <http://www.mhyork.org/services/Breast-Center.aspx>
- **WellSpan Health** - Breast Health at <http://www.wellspan.org/body.cfm?id=848>
- **Women's Breast Care Conference and Luncheon: Hope, Progress, Survival**
<http://www.wellspan.org/body.cfm?xyzpdqabc=0&id=9&action=detail&ref=21027&calendars>



To receive your copy of Public Health Points electronically, please email Barbara Kovacs at:
bkovacs@yorkcity.org

YORK CITY BUREAU OF HEALTH
227 W. MARKET ST.
YORK, PA 17401

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