



Carlsbad Unified School District

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For Immediate Release

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COUNTY PUBLIC HEALTH OFFICIALS URGE IMMUNIZATIONS

Carlsbad, CA ... As Carlsbad Unified School District families staff prepare to enjoy their Winter Break taking place from December 20-31, 2010, the County of San Diego Public Health Services wants school staff and families to know that diseases such as influenza (the flu) and pertussis (whooping cough) do not take a holiday. The best way to keep cases to a minimum is to get vaccinated.

FLU ... It is not too late to get a flu shot. This year's flu may not peak in San Diego until March or April. Public Health Officer Wilma Wooten states, "I urge staff and students at all schools to get immunized to protect themselves and the community." Children, seniors and people with chronic illnesses are especially vulnerable to serious side effects from the disease.

WHOOPING COUGH ... As of November 2010, 960 cases of whooping cough have been reported in the County. Two local infants have died from this disease, which can be more serious in young children. Since pertussis can be transmitted to an infant too young to be vaccinated, it is recommended that everyone 10 years of age and older who has not yet received the Tdap (tetanus, diphtheria and pertussis) vaccine contact their health provider to be vaccinated.

Beginning July 2011, all students in grades 7-12 must receive the Tdap vaccine and must provide proof of the shot before entering school. For more information, visit www.sdcounty.ca.gov/hhsa/

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