



Vaccine priority list released

Preparing for Swine Flu's Return

Adapted from CDC

The Centers for Disease Control and Prevention (CDC) has released its recommendations for the use of vaccine against H1N1 swine flu. Five key population groups have been identified as priorities for the vaccinations. The first shipments of vaccine are expected to start arriving in October.

A committee met to develop recommendations on who should receive the H1N1 vaccine when it becomes available and to determine the groups to target if the vaccine is initially available in extremely limited quantities. The efforts are designed to help reduce the impact and spread of H1N1 swine flu.

When the vaccine becomes available, health care providers have been asked to try to first vaccinate pregnant women, people who live with or care for children younger than six months of age, health care and emergency services personnel, persons between the ages of six months through 24 years of age, and people from ages 25 to 64 who are at higher risk for H1N1 swine

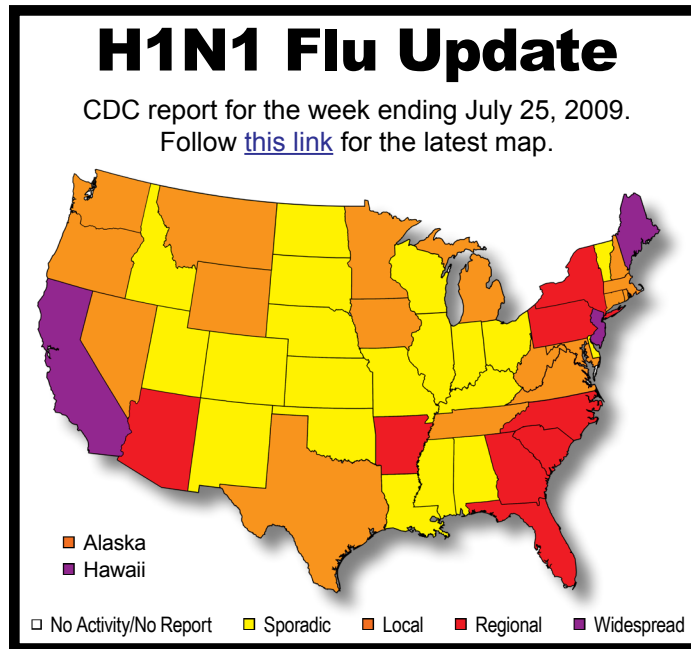
flu because of chronic health disorders or compromised immune systems. The groups to be targeted total approximately 159 million people in the United States.

The CDC does not expect that there will be a shortage of H1N1 vaccine. However, availability and demand could be unpredictable, especially on the local level. The committee studying H1N1 vaccine issues recommended that once the demand for vaccine for prioritized groups has been met at the local level, providers should begin vaccinating everyone from ages 25 through 64. Current studies indicate the risk for H1N1 infection among persons age 65 or older is less than the risk for younger age groups.

The committee also stressed that people over the age of 65 receive the seasonal flu vaccine as soon as it is available. The H1N1 vaccine, when it becomes available, is not intended to replace the

seasonal flu vaccine.

For more information on the H1N1 swine flu pandemic, visit www.cdc.gov/h1n1flu or www.scchealth.org/swineflu.



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WITH NO WATER.”**

-JESSE, AGE 5



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From the Director will resume next month

Help Keep Babies Healthy: Breastfeed

From Missouri DHSS

Caring for a baby can be a challenge, but mothers who breastfeed help keep their infants healthy even under the most difficult circumstances.

"Breastfeeding allows a mother to provide the nourishment her baby needs anytime and anywhere," said Karen Schenk, a public health consultant nurse at the Missouri Department of Health and Senior Services.

The advantages of breastfeeding during an emergency are the focus of this year's Missouri Breastfeeding Month, observed annually in August.

A natural or manmade disaster can contaminate water supplies and shut down stores for days at a time, making it difficult to prepare formula or obtain new supplies. Health officials say planning ahead is the key to keeping family members safe and healthy during an emergency, and breastfeeding can be a part of those plans.

"Family and friends who are supportive of a new mother's efforts to breastfeed under normal circumstances will strengthen her ability to provide for her baby during an emergency," Schenk said.

The American Academy of Pediatrics recommends that infants be breastfed exclusively for the first six months of life. The academy recommends that babies continue to be breastfed – while solid food is being introduced – until the baby is at least a year old.

Babies benefit from breastfeeding in a number of ways, Schenk said. Some studies indicate that breastfed babies have fewer health problems such as ear infections and respiratory infections.

They may also have fewer problems with allergies and asthma. Mothers benefit as well. Breastfeeding can boost a woman's immune system, and reduce bleeding after childbirth.

In addition to the health benefits, breastfeeding also has economic advantages. Depending on the brand of formula used and the amount a baby eats, breastfeeding can save a family \$1,500 to \$3,500 a year.

As always, women who are considering breastfeeding should contact their health care provider to learn more about the possible benefits.

More information about breastfeeding can be found at www.dhss.mo.gov/breastfeeding or by calling 1-800-877-6246.



Health Tips for Traveling Abroad

Adapted from CDC

Travel health information is dynamic, especially in this era of jet travel and novel disease-causing organisms like the H1N1 virus. You can keep up with the latest recommendations by exploring the new CDC Health Information for International Travel 2010. This book, also known as the Yellow Book, offers an in-depth look at health risks and ways to prevent them, advice for people with special travel health needs, and much more.

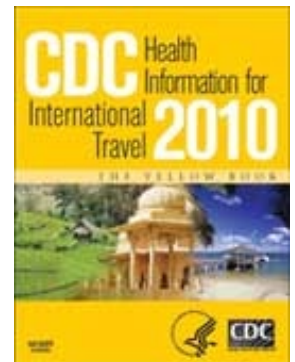
The CDC published its first Yellow Book, titled Immunization Information for International Travel, in 1967 as a small pamphlet with recommendations for the prevention of illnesses such as cholera, smallpox, yellow fever, and malaria. The guide first gained widespread circulation in 1997, and went online in 2002.

The Yellow Book is updated every two years to keep up with emerging diseases and the changes that come up every day with our increasingly global society. The Yellow Book has become a trusted reference for health care providers and travelers worldwide. It is written primarily for health care providers, including doctors, nurses, and pharmacists who give pre-travel health care. However, the travel industry, multinational corporations, missionary and volunteer organizations, and individuals or families who vacation abroad also find the Yellow Book an excellent resource.

Topics covered in the 2010 Yellow Book include:

- Vaccine requirements and recommendations
- Disease risk maps
- Altitude illness, jet lag, and motion sickness
- Finding health care while traveling.

The Yellow Book is available in hard copy at most book-sellers. However, travelers can access the information for free online by going to www.cdc.gov/yellowbook.



Helpful Phone Numbers

Division of Public Health (636) 949-7400	WIC (636) 949-7402
Health Education (636) 949-7401	Recycle Works Central (636) 949-7900, ext. 4267
Vital Records (636) 949-7558	Recycle Works West (636) 949-7900, ext. 4271
Health/STD Clinic (636) 949-7401	Division of Humane Services (636) 949-7387
Office of Environmental Health and Protection (636) 949-1800	Animal Control (636) 949-7347