



Employee Newsletter

AUGUST 2019

BACK TO SHOOL TIME!



AUGUST BIRTHDAYS

Rebecca Sterling	2
Debbie Weatherly	2
Malachi Beaver	3
Alan Hart	3
Mary Jo Blakely	5
Hannah Patterson	5
Sport Teasdale	5
Robert Manning	8
Michael Kennedy	9
Steven Wiece	10
Sandra Guffey	12
Jonathan King	13
Richard West	13
Gary Westmoreland	13
Jonathan Brege	14
Jean Pendley	17
Bruce Rudd	17
Nathan Weaver	18
Terry Gunn	19
Allen Denny	20
Gurley Boggs	21
Renee Craige	22
Breeze Daniel	22
Philip Anderson	23
Alicia Parker	24
Susan Prunier	24
Daunita Maennle	25
Woody Huskins	26
Leighsa Jones	27
Becky McMullen	29
Harley Daniels	30
Wanda Payne	30
Michael Quaiel	30

Ages 20 to 84

Telemedicine benefit

Don't forget about the telemedicine benefit that is available to all full-time employees and their families. If you haven't yet enrolled, you may do so by visiting www.allyhealth.net/activate -account and follow the directions or call 1-888-5635-3303 and register over the phone.

Death of employee

It is with great sadness that we report that one of our paramedics, Cleveland Johnson, passed away on July 19th following a brief illness. Cleveland had been with the County since March of this year. He leaves behind his family which includes another of our paramedics, Shannon Jones. Our condolences go out to his family, our EMS family, and to Shannon during this time of loss.

August is immunization awareness month. See the table on page 2 for recommended adult immunizations. Below is the legend for the immunizations listed in that table.

Vaccines in the Adult Immunization Schedule*

Vaccines	Abbreviations	Trade names
<i>Haemophilus influenzae</i> type b vaccine	Hib	ActHIB Hiberix
Hepatitis A vaccine	HepA	Havrix Vaqta
Hepatitis A and hepatitis B vaccine	HepA-HepB	Twinrix
Hepatitis B vaccine	HepB	Engerix-B Recombivax HB Heplisav-B
Human papillomavirus vaccine	HPV vaccine	Gardasil 9
Influenza vaccine, inactivated	IIV	Many brands
Influenza vaccine, live attenuated	LAIV	FluMist Quadrivalent
Influenza vaccine, recombinant	RIV	Flublok Quadrivalent
Measles, mumps, and rubella vaccine	MMR	M-M-R II
Meningococcal serogroups A, C, W, Y vaccine	MenACWY	Menactra Menveo
Meningococcal serogroup B vaccine	MenB-4C MenB-FHbp	Bexsero Trumenba
Pneumococcal 13-valent conjugate vaccine	PCV13	Prevnar 13
Pneumococcal 23-valent polysaccharide vaccine	PPSV23	Pneumovax
Tetanus and diphtheria toxoids	Td	Tenivac Td vaccine
Tetanus and diphtheria toxoids and acellular pertussis vaccine	Tdap	Adacel Boostrix
Varicella vaccine	VAR	Varivax
Zoster vaccine, recombinant	RZV	Shingrix
Zoster vaccine live	ZVL	Zostavax

*Administer recommended vaccines if vaccination history is incomplete or unknown. Do not restart or add doses to vaccine series for extended intervals between doses. The use of trade names is for identification purposes only and does not imply endorsement by the ACIP or CDC.

CONGRATULATIONS TO ROY DICKEY WHO IS RETIRING SEPTEMBER 1ST WITH 30 YEARS OF CREDITABLE SERVICE WITH THE COUNTY. BEST OF LUCK TO YOU IN YOUR RETIREMENT!

Since we got a pay increase, this is a good time to contribute something extra toward your retirement. You may enroll in 401k or VALIC at any time (see the Human Resource page on the County's website), or if you already belong to one of these, you may increase your contribution at any time.

Is there something you would like to see in the newsletter? Please email Melody at melody.johnson@cherokee-county-nc.gov with any suggestions. Thanks.

Board Meetings

Aug 5 6:30 pm
Aug 19 6:30 pm

Table 1

Recommended Adult Immunization Schedule by Age Group United States, 2019

Vaccine	19–21 years	22–26 years	27–49 years	50–64 years	≥65 years
Influenza inactivated (IIV) or Influenza recombinant (RIV) or Influenza live attenuated (LAIV)			1 dose annually or 1 dose annually		
Tetanus, diphtheria, pertussis (Tdap or Td)			1 dose Tdap, then Td booster every 10 yrs		
Measles, mumps, rubella (MMR)		1 or 2 doses depending on indication (if born in 1957 or later)			
Varicella (VAR)	2 doses (if born in 1980 or later)				
Zoster recombinant (RZV) <i>(preferred)</i> or Zoster live (ZVL)				2 doses or 1 dose	
Human papillomavirus (HPV) Female	2 or 3 doses depending on age at initial vaccination				
Human papillomavirus (HPV) Male	2 or 3 doses depending on age at initial vaccination				
Pneumococcal conjugate (PCV13)				1 dose	
Pneumococcal polysaccharide (PPSV23)		1 or 2 doses depending on indication			1 dose
Hepatitis A (HepA)		2 or 3 doses depending on vaccine			
Hepatitis B (HepB)		2 or 3 doses depending on vaccine			
Meningococcal A, C, W, Y (MenACWY)		1 or 2 doses depending on indication, then booster every 5 yrs if risk remains			
Meningococcal B (MenB)		2 or 3 doses depending on vaccine and indication			
<i>Haemophilus influenzae</i> type b (Hib)		1 or 3 doses depending on indication			

Recommended vaccination for adults who meet age requirement, lack documentation of vaccination, or lack evidence of past infection

Recommended vaccination for adults with an additional risk factor or another indication

No recommendation

Vaccines don't just help you..... They help others.

When you are vaccinated you aren't just increasing your immunity but also protecting those in our community that cannot be vaccinated, such as the newborn that came to church this week for the first time, the child you saw wearing a wig as her immune system has been wiped out during treatments for cancer, the grandmother who has just had her spleen removed. Many of us encounter people each day that may seem healthy, but unbeknownst to us have an autoimmune disease that leaves them vulnerable and immunosuppressed. These people count on us!

As August is Immunization Month, It is a good time to make sure you and your loved ones are up to date on Vaccines. The Health Department has many vaccines available without appointment. Speak with your primary care provider to see what vaccinations may be appropriate for you and your family or swing by and see us and we can let you know what you need.

A couple of updates on information regarding vaccines...

- Did you know that in order to be fully protected against Meningococcal Disease, you must be vaccinated with two (2) different vaccines? The Meningitis vaccine that has been around the longest (1970 to be exact and it is required for school and entrance into universities) protects against serotypes A, C, W and Y. Another meningitis vaccine came out in 2014 that protects against serotype B. What does this mean? If you (or your child) are between the age of 16 and 23, please make sure you've received both vaccines to cover you from A, C, W, Y and B serotypes. There have been several outbreaks and isolated cases of meningitis B in the U.S. in the last five years. Many have occurred on college campuses, but some are just among young adults. 1 in 10 infected with this disease will die, sometimes within 24 hours. Don't let this be you or a loved one!
- If you are over 50, it is recommended that you receive 2 doses of the shingles vaccine, Even if you have been previously vaccinated. This is a 2 dose series, separated by 2 months. You need both doses to be considered fully vaccinated.
- If you could cure cancer I'm sure you would. Although the Gardasil 9 vaccine isn't a cure it does offer protection for those you love against certain strains of the Human Papilloma Virus that cause certain types of cancer. This vaccine is available to adolescents beginning at 9 years old. The series is a 2 or 3 shot series over 6 months depending on the age that the series is started.

Please call or come by with any questions or immunizations needs.