

National Influenza Vaccination Week, December 5 – 9

National Influenza Vaccination Week is a call to all Americans 6 months and older to get their annual flu vaccine if they have not received it. Flu remains a significant public health concern, and this week will serve to remind people that there is still time to get a flu vaccine—the only vaccine that protects against flu—to prevent flu illness and potentially serious complications.



According to the CDC, many children missed check-ups and recommended childhood vaccinations over the past few years.

CDC and the American Academy of Pediatrics (AAP)

recommend children catch up on routine childhood vaccinations and get back on track for school, childcare, and beyond. ¹





LET'S PLAY CATCH-UP ON ROUTINE VACCINES

Well-Child Visits

Well-child visits are essential for many reasons, including:

- Tracking growth and developmental milestones
- Discussing any concerns about your child's health
- Getting scheduled vaccinations to prevent illnesses like measles, whooping cough (pertussis), and other serious diseases.

READ

[CDC's CALL
TO ACTION](#)

Visit the links below if you need the
Recommended Routine Vaccine Schedule for
Children and Adolescents

[Vaccine Schedule: Birth - 6 Years](#)

[Vaccine Schedule: 7 - 18 Years](#)

MORE INFORMATION

[Resources to Encourage
Routine Childhood
Vaccinations](#)

Patient Reminder Messages

Remind patients at your practice to get their annual flu vaccine by sharing these messages through your patient portal or other reminders.

"Have you received your annual flu shot yet? There is still time to protect yourself and your loved ones from flu with a flu vaccine, the only vaccine that protects against flu. Visit [vaccines.gov](https://www.vaccines.gov) to find a flu vaccination location near you."

or

"Have you received your annual flu shot yet? Flu vaccines are the only vaccines that protect you and your loved ones from flu and its potentially serious complications. There's still time to get vaccinated. Call our office to schedule your vaccine today!"

San Bernardino County Department of Behavioral Health

Need to refer a patient?

See the next page for outpatient clinic information in San Bernardino County



San Bernardino County Department of Behavioral Health Outpatient Clinics

East Valley

Mesa Counseling Services

850 E. Foothill Blvd., Rialto | (909) 421-9301 | Open 8 a.m. – 5 p.m., Monday through Friday

Phoenix Community Counseling Center

820 E. Gilbert St., San Bernardino | (909) 387-7200 | Open 8 a.m. – 5 p.m., Monday through Friday

South Coast Community Services

1030 Nevada St., Ste. 200, Redlands | (909) 792-0747

34324 Yucaipa Blvd., Ste. B – D, Yucaipa | (909) 790-0210

Valley Star Community Services

1585 South D St., Ste. 101, San Bernardino, CA 92408 | (909) 388-2222 | Open 8 a.m. – 5 p.m., Monday through Friday

Desert Mountain

Barstow Counseling Center

1841 E. Main St., Barstow | (760) 255-5700 | Open 8 a.m. – 5 p.m., Monday through Friday

Family Services Agency

11424 Chamberlaine Way, Ste. 11-12, Adelanto | (760) 246-0947 | Open 8 a.m. – 5 p.m., Monday through Friday

23406 Crestforest Dr., Crestline | (909) 338-4689 | Open 8 a.m. – 5 p.m., Monday through Friday

Lutheran Social Services

32770 Old Woman Springs Rd., Ste. C, Lucerne Valley | (760) 248-6612

41945 Big Bear Blvd., Ste. 222, Big Bear Lake | (909) 866-5070

82820 Trona Rd., Trona | (760) 372-5159

Needles Behavioral Health Center

1600 Bailey Ave., Unit 2, Needles | (760) 326-9313 | Open 8 a.m. – 5 p.m., Monday through Friday (Closed every other Friday)

Victor Valley Behavioral Health

12625 Hesperia Rd., Victorville | (760) 995-8300 | Open 8 a.m. – 5 p.m., Monday through Friday

Victorville Center

12188 Hesperia Rd., Victorville | (760) 477-2199 | Open 8 a.m. – 5 p.m., Monday through Friday

Morongo Basin

Valley Star Yucca Adult (FSP)

7281 Dumosa Ave., Ste. 4, Yucca Valley | (760) 853-4755 | Open 8:30 a.m. – 5 p.m., Monday through Friday

West Valley

Mariposa Community Counseling

2940 Inland Empire Blvd., Ontario | (909) 458-1350 | Open 8 a.m. – 5 p.m., Monday through Friday

South Coast Community Services

1425 W. Foothill Blvd., Ste. 310, Upland | (909) 835 -4800

11780 Central Ave., Ste. 205, Chino | (877) 527-7227

Vista Community Counseling

17053 E. Foothill Blvd., Fontana | (909) 347-1300 | Open 8 a.m. – 5 p.m., Monday through Friday

West End Family Counseling

855 N. Euclid Ave., Ontario | (909) 983-2020

Open Monday 9 a.m. – 7:45 p.m., Tuesday 9 a.m. – 6:45 p.m., Wednesday 9 a.m. – 5:45 p.m., Thursday 9 a.m. – 4:45 p.m., and closed on Friday

Healthcare providers, *your advice matters*

TALK TO YOUR PATIENTS ABOUT FOLATE/FOLIC ACID

Food sources with high folate levels: spinach, liver, asparagus, and brussels sprouts. ²



The following groups are among those most likely to be at risk of folate inadequacy:

- People with alcohol use disorder
- Women of childbearing age
- Pregnant women
- People with malabsorptive disorders
- People with an MTHFR polymorphism

Table 3: Tolerable Upper Intake Levels (ULs) for Folate from Supplements or Fortified Foods [2] *

Age	Male	Female	Pregnancy	Lactation
Birth to 6 months	Not possible to establish*	Not possible to establish*		
7–12 months	Not possible to establish*	Not possible to establish*		
1–3 years		300 mcg		300 mcg
4–8 years		400 mcg		400 mcg
9–13 years		600 mcg		600 mcg
14–18 years		800 mcg	800 mcg	800 mcg
19+ years		1,000 mcg	1,000 mcg	1,000 mcg

* Tolerable upper intake level (UL), is defined by the Institute of Medicine (IOM) as “the highest level of daily nutrient intake that is likely to pose no risk of adverse health effects to almost all individuals in the general population”

Remember to advise women to take a vitamin with 400 mcg of folic acid daily to help prevent serious birth defects of the spine and brain, regardless of their intention to become pregnant.

Print this out for your pregnant or breastfeeding patients!

[Build a Healthy Eating Routine When You're Pregnant or Breastfeeding](#)

In January

January 1 – 31

National Birth Defects Prevention Month

January 6 – 12

Folic Acid Awareness Week

Materials and resources available at
[National Birth Defects Prevention Network](#)

January 31

Give Kids A Smile® Day

Oral health resources for *all* your patients can be found at [smileSBC.org](#)



988 SUICIDE & CRISIS
LIFELINE

Citations

1. CDC <https://www.cdc.gov/vaccines/parents/visit/vaccination-during-COVID-19.html>

2. <https://ods.od.nih.gov/factsheets/Folate-HealthProfessional/#h3>



Public Health

Family Health Services Section
Quarterly Newsletter is an internal publication for local CHDP and CPSP providers and others interested in improving maternal, child, and adolescent health
For more information about MCAH, please email us at askMCAH@SBCounty.gov or call 1-800-227-3034