

From: Dietz, Sidney  
Sent: 6/6/2014 9:53:03 AM  
To: Campbell, Michael (Michael.Campbell@cpuc.ca.gov)  
Cc:  
Bcc:  
Subject: FW: Alert from the Centers for Disease Control (CDC)

From: [Redacted]  
Sent: Friday, June 06, 2014 9:52 AM  
To: FAC SF 77 Beale 10th Fl  
Subject: FW: Alert from the Centers for Disease Control (CDC)

Vacation season is here. Please make sure you have up to date vaccinations, especially if you're travelling to other countries.

From: [Redacted]  
Sent: Thursday, June 05, 2014 4:56 PM  
To: wellness team  
Cc: [Redacted]  
Subject: Alert from the Centers for Disease Control (CDC)

Hi Wellness Ambassadors~

I just received an alert from [Redacted] PG&E's Principal Industrial Hygienist, and the Centers for Disease Control (CDC) that the incidence of reported measles cases is at an all-time high in the U.S. for recent years, with 334 cases in 18 states this year, as of 05/30/14. One of those states is California. Chickenpox and shingles cases have also been increasing. Both the measles and chickenpox viruses are highly contagious and preventable; the shingles virus is less contagious, but still preventable. **The very best protection against all of them is vaccination (the Mumps, Measles and Rubella or MMR vaccine,**

**chickenpox vaccine, and/or the shingles vaccine if you have had chickenpox in the past).** If you have already had measles or chickenpox, you are considered to be immune, unless it was a very mild case. You can, however, still get shingles. People who have immunocompromised systems or are pregnant should not get a vaccine unless their care provider deems otherwise.

Please remind your co-workers, friends and family that keeping up to date on vaccinations is very important, especially prior to travelling to other countries. For reliable information on vaccinations and transmissible diseases, the CDC has a searchable alphabetical database at [www.cdc.org](http://www.cdc.org).

Thanks,

Redacted

Wellness Program Consultant | Workforce Health

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