

ADULTS GET VACCINATED TOO!

VACCINATIONS

COMMUNITY HEALTH CLINIC

and COVID Variants



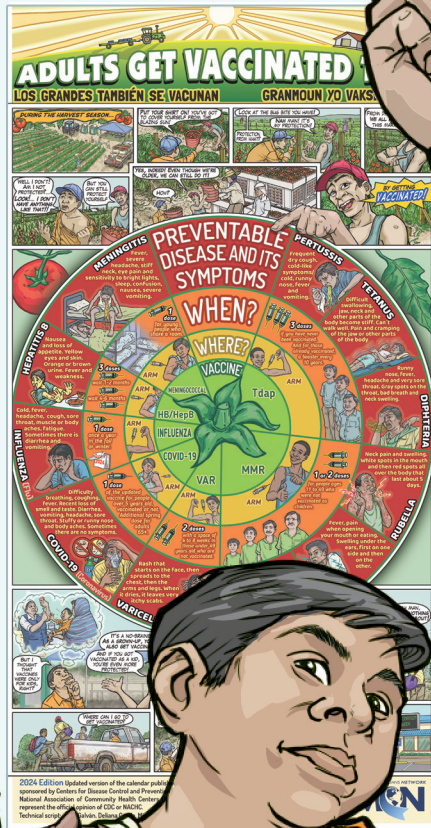
appear not as severe as
severe illness and death,
e.

Unvaccinated
people
more
to
sign

ect

eligible
near you:

center



Material funded by the National Association of Community Health Centers (NACHC) based on the vaccination schedule developed in 2006 by Migrant Clinicians Network thanks to the original support of the Centers for Disease Control and Prevention (CDC) and NACHC. The content is the responsibility of MCN and may not represent the official views of NACHC.

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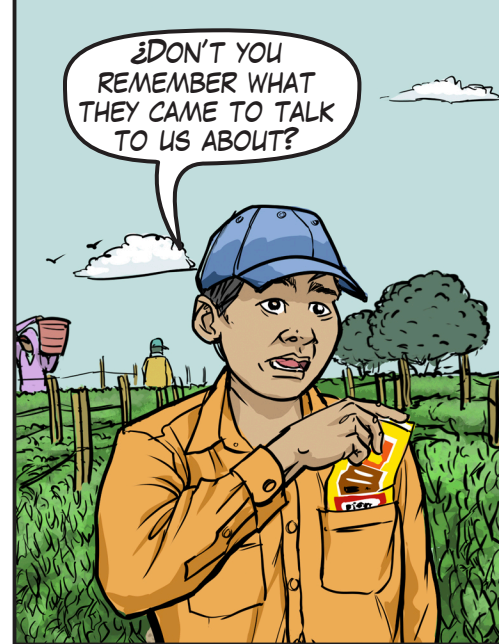


NATIONAL ASSOCIATION OF
Community Health Centers®



IN A FIELD NOT TOO FAR AWAY, IT IS TOMATO HARVEST SEASON AND THE WORKERS ARE ABOUT TO FINISH THEIR WORK DAY....





EXTREME HEAT

FIELD OR PACKAGING WORKERS CAN SUFFER HEAT EXHAUSTION, STRESS, AND STROKE WHEN WORKING UNDER HIGH TEMPERATURES AND HUMIDITY.

SYMPTOMS



HEADACHE



NAUSEA/VOMITING



SWEATING A LOT AND THIRST



DIZZINESS



WEAKNESS

HEAT EXHAUSTION

>37°C / >98.6°F

- FEVER
- CRAMPS
- IRRITABILITY

HEAT STRESS

>37.7°C / >100°F

- FAINTING
- HIGH FEVER
- LOW BLOOD PRESSURE



DRY/RED/HOT SKIN WITHOUT SWEATING



RAPID BREATHING AND QUICK HEART BEAT

HEAT STROKE

>40°C / >104°F

- FEVER
- COMA
- BODY SAGGING
- UNCONSCIOUSNESS



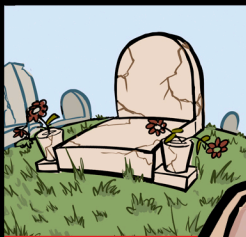
CRAMPS



SEIZURES



CONFUSION AND DELIRIUM



DEATH

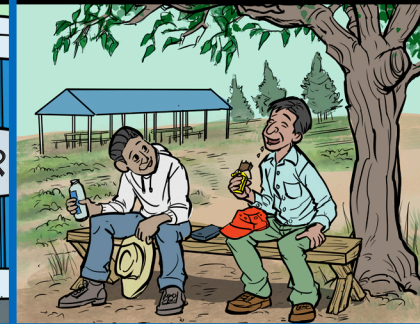
HOW TO PREVENT IT

WATER



TAKE CARE OF EACH OTHER THROUGH A BUDDY SYSTEM

REST

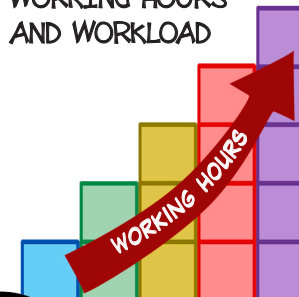


SHADE



ACCLIMATIZATION TO HEAT AND WORK

GRADUALLY INCREASE WORKING HOURS AND WORKLOAD



ON THE WED THU FRI

SUITABLE CLOTHING

LIGHT-COLORED COTTON CLOTHING

HAT/CAP

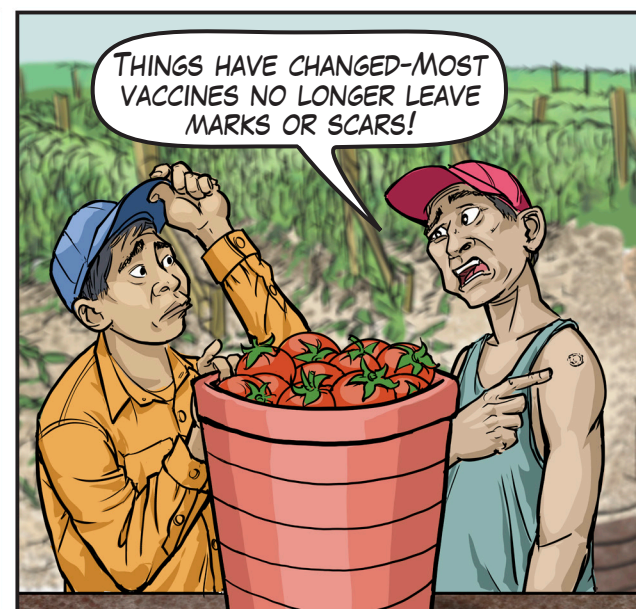
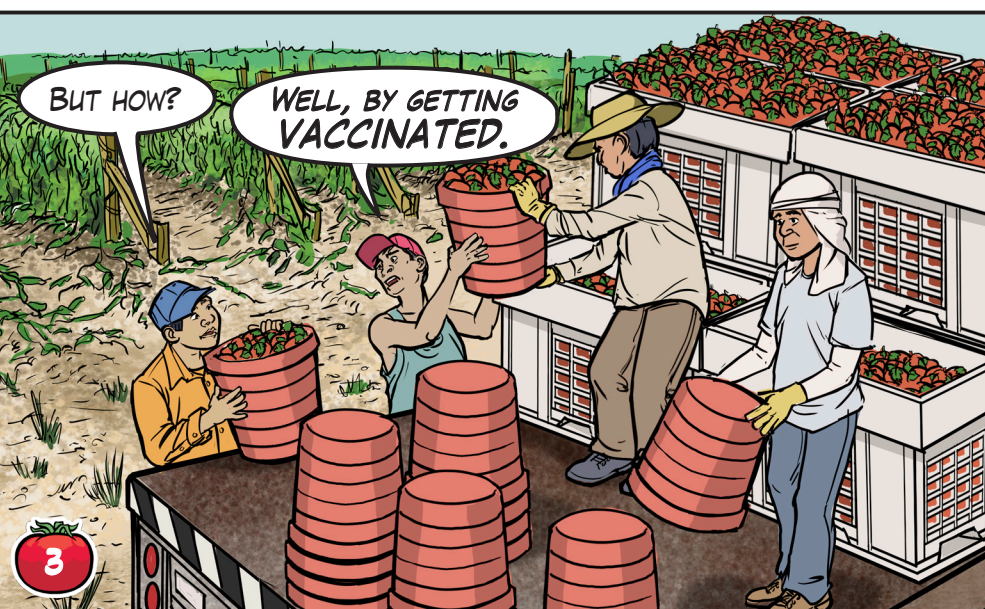
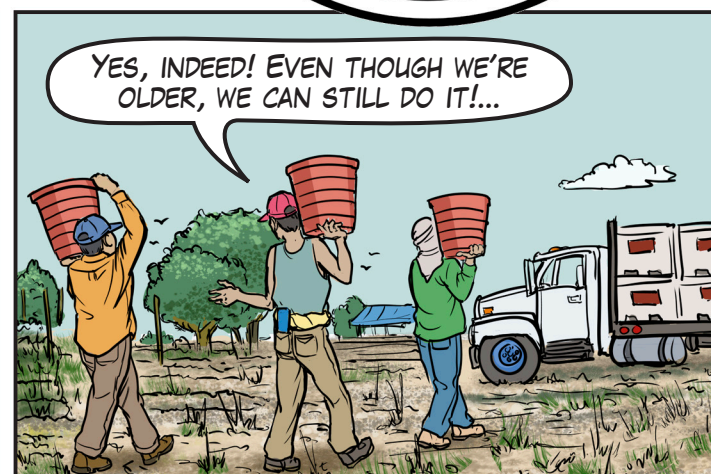
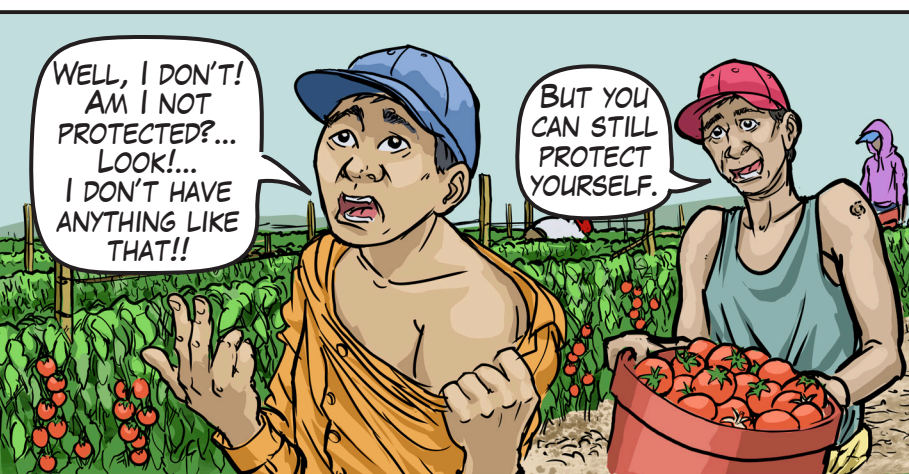
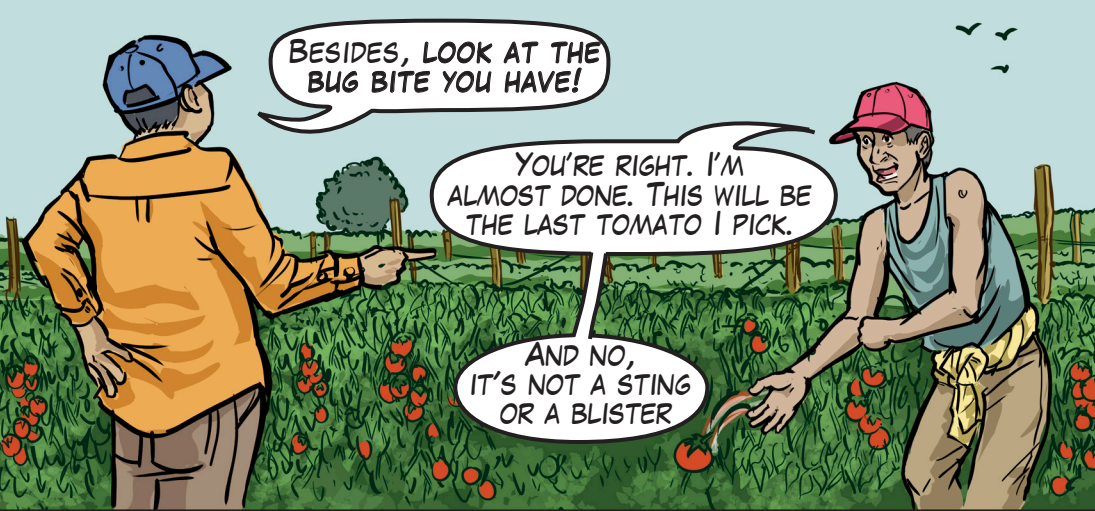
LONG SLEEVES

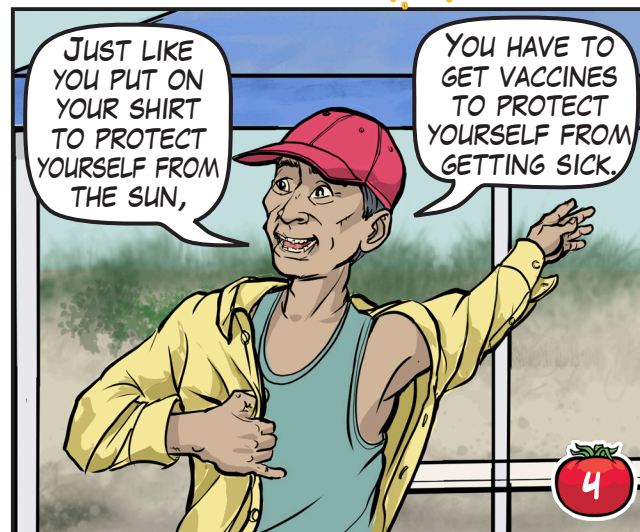
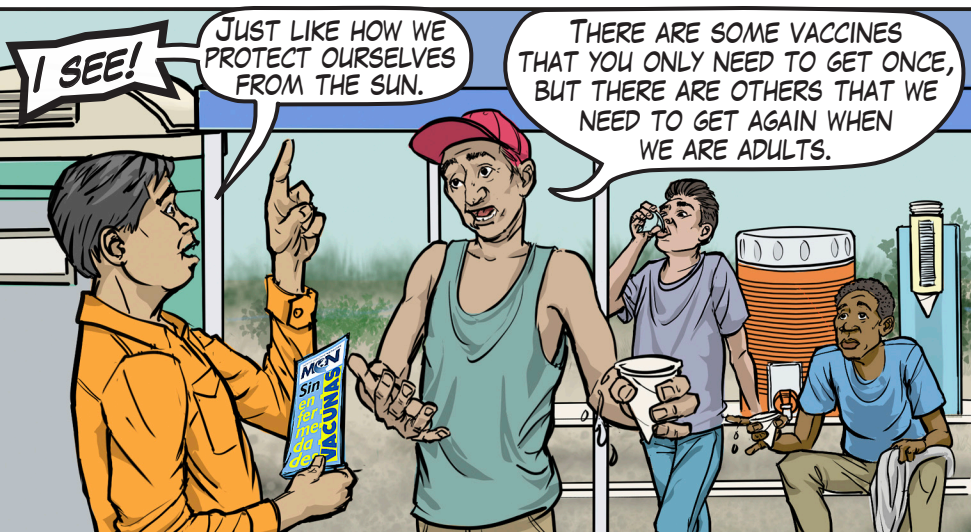
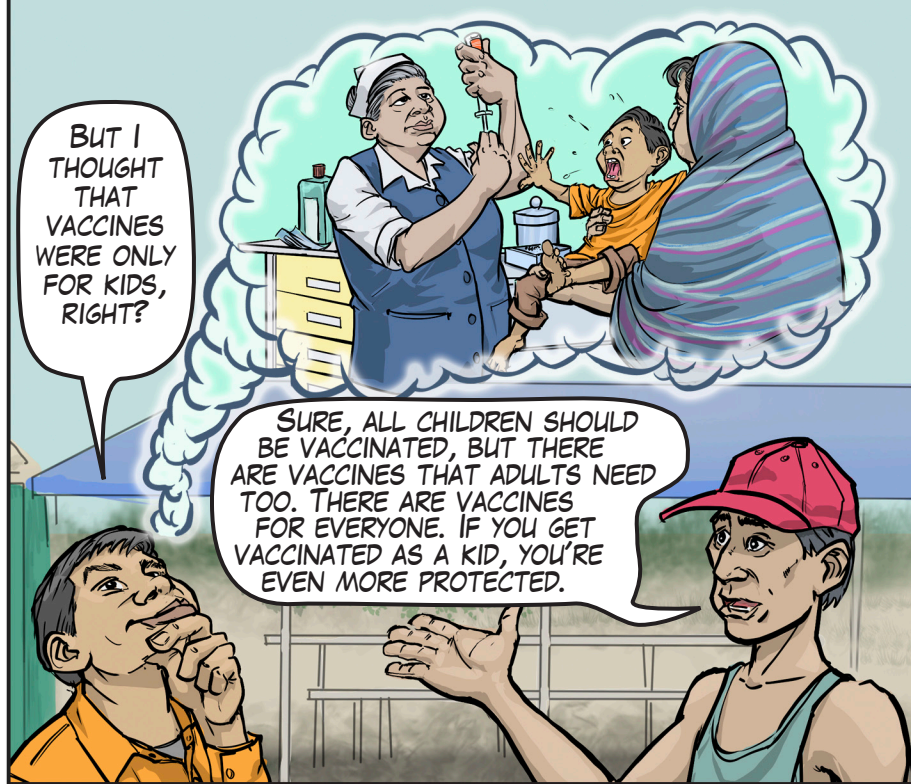
GLOVES

LONG PANTS

BOOTS/SHOES









VACCINES FOR ADULTS

VACCINE: **HB or HepB**

DISEASE:
HEPATITIS B

SYMPTOMS:

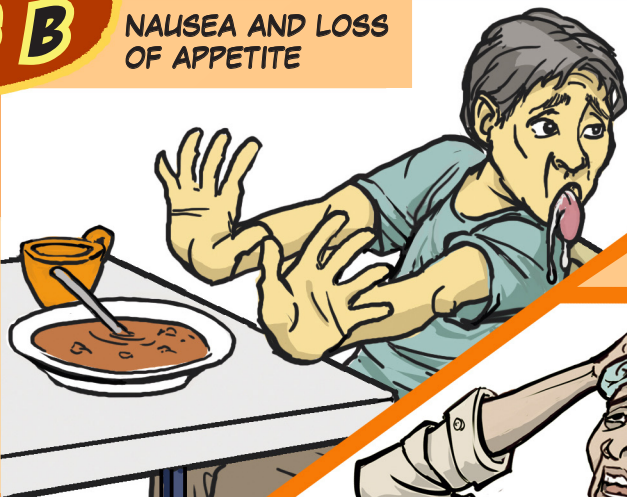
WHEN?

ADULTS **3** doses

wait 1-2 months

wait 4-6 months

NAUSEA AND LOSS OF APPETITE



YELLOW EYES AND SKIN



ORANGE OR BROWN URINE



WHERE?

ARM



FEVER AND WEAKNESS



DISEASE:
MENINGITIS

VACCINE: **MENINGOCOCCAL**

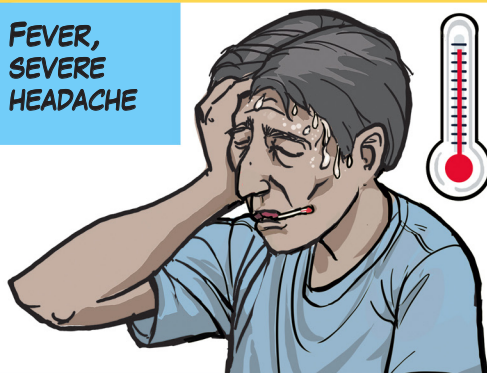
SYMPTOMS:

WHEN?

1 dose

for young people who share a bedroom

FEVER, SEVERE HEADACHE



EYE PAIN AND SENSITIVITY TO BRIGHT LIGHTS



NAUSEA, SEVERE VOMITING



SLEEP, CONFUSION



STIFF NECK



WHERE?

ARM



DISEASE:
VARICELLA
(CHICKEN POX)

VACCINE:

VAR

SYMPTOMS:

WHEN?



2 doses

with a space of 4 to 8 weeks in those under 49 years old who are not vaccinated

WHERE?

ARM



RASH THAT STARTS ON THE FACE, CONTINUES THE CHEST, AND ENDS ON THE ARMS AND LEGS. WHEN IT DRIES, IT LEAVES VERY ITCHY SCABS.

OH WOW! ...I REMEMBER



DISEASE:
INFLUENZA
(FLU)

VACCINE:

INFLUENZA

SYMPTOMS:

WHEN?



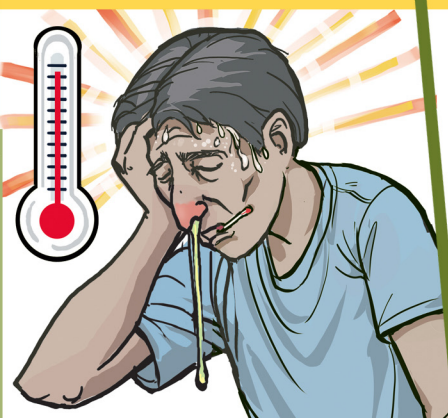
1 dose

once a year in the fall or winter



WHERE?

ARM



COLD, FEVER, HEADACHE



MUSCLE OR BODY ACHES



FATIGUE



SORE THROAT, COUGH

SOMETIMES THERE IS DIARRHEA AND VOMITING



DISEASE:
TETANUS

VACCINE: **Tdap**

SYMPTOMS:

CAN'T WALK WELL

DIFFICULT SWALLOWING

JAW, NECK AND OTHER PARTS OF THE BODY BECOME STIFF

PAIN AND CRAMPING OF THE JAW OR OTHER PARTS OF THE BODY

WHEN?

3 doses

3 doses if you have never been vaccinated. And for those already vaccinated, a booster every 10 years

DISEASE:
DIPHTHERIA

SYMPTOMS:

RUNNY NOSE, FEVER

GRAY SPOTS ON THE THROAT

NECK SWELLING

BAD BREATH, HEADACHE AND VERY SORE THROAT

DISEASE:
PERTUSSIS

SYMPTOMS:

FEVER AND VOMITING

FREQUENT DRY COUGH

COLD-LIKE SYMPTOMS/ COLD, RUNNY NOSE

WHERE?

ARM

7

THAT'S TRUE

VACCINE: **MMR**

DISEASE:
MEASLES

WHEN?

1 or 2 doses

For people ages 11 to 49 who were not vaccinated as children

RUNNY NOSE / COLD / COLD-LIKE SYMPTOMS OR FEVER

DIARRHEA

COUGH, RED RASH ALL OVER THE BODY

DISEASE:
MUMPS

ARM

FEVER

PAIN WHEN OPENING YOUR MOUTH OR EATING

SWELLING UNDER THE EARS, FIRST ON ONE SIDE AND THEN ON THE OTHER

DISEASE:
RUBELLA

NECK PAIN AND SWELLING

WHITE SPOTS IN THE MOUTH AND THEN RED SPOTS ALL OVER THE BODY THAT LAST ABOUT 5 DAYS

8

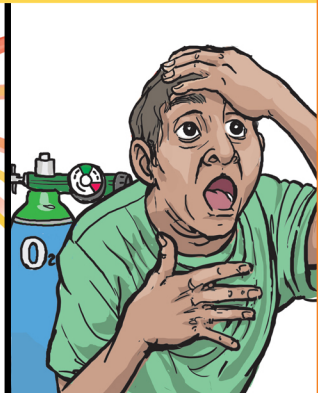


DISEASE:
COVID-19

**THE
COVID-19
VACCINE
IS AVAILABLE**

VACCINE AND DOSAGE

SYMPTOMS:



FEVER

HEADACHES

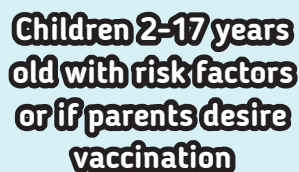
DIFFICULTY BREATHING (SHORTNESS OF BREATH)

ASK YOUR HEALTHCARE PROVIDER!

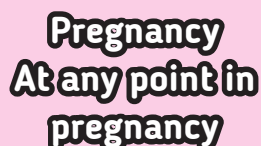
SOME STATES HAVE DIFFERENT RECOMMENDATIONS



1 dose



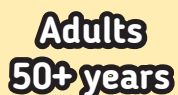
**TALK TO YOUR HEALTHCARE PROVIDER
IF YOU HAVE QUESTIONS**



1 dose



1 dose



1 dose

MOST PEOPLE WHO GO TO THE HOSPITAL OR DIE FROM COVID DID NOT HAVE THE VACCINE.

**PROTECT YOURSELF WITH THE VACCINE, SO YOU
WON'T NEED TO GO TO THE HOSPITAL OR DIE!**



CHILLS

COUGHING

NAUSEA, VOMITING



DIARRRHEA

SORE THROAT

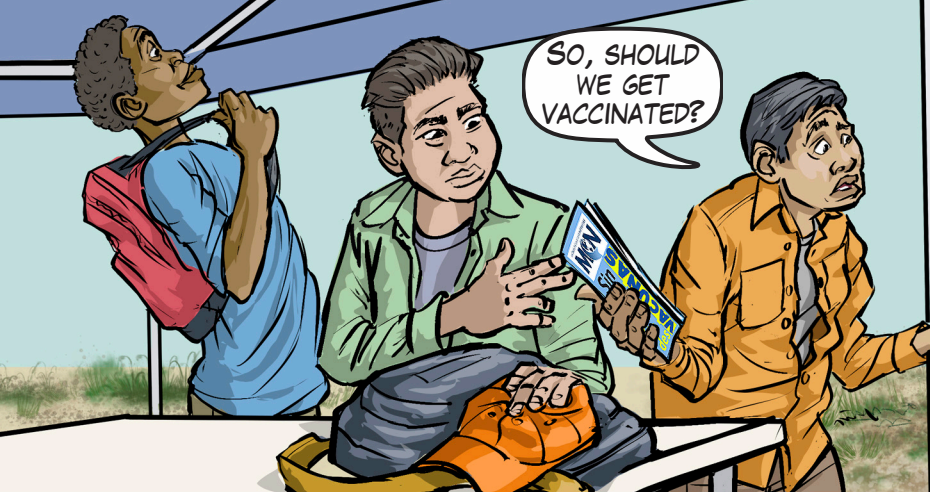
FATIGUE



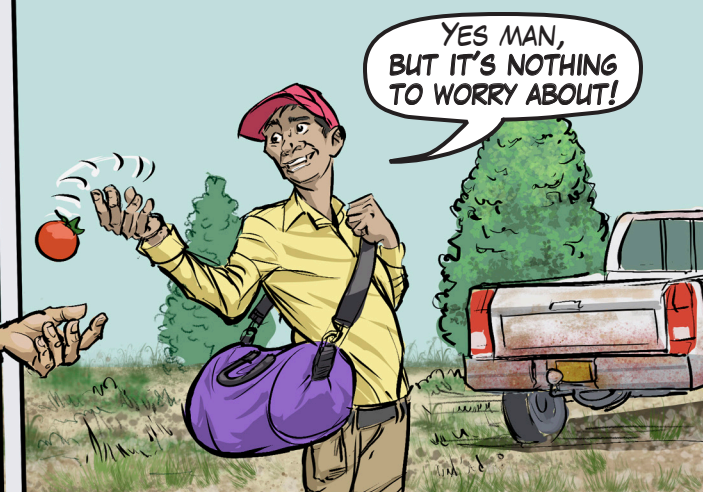
MUSCLE PAIN AND BODY ACHES

RECENT LOSS OF SMELL OR TASTE

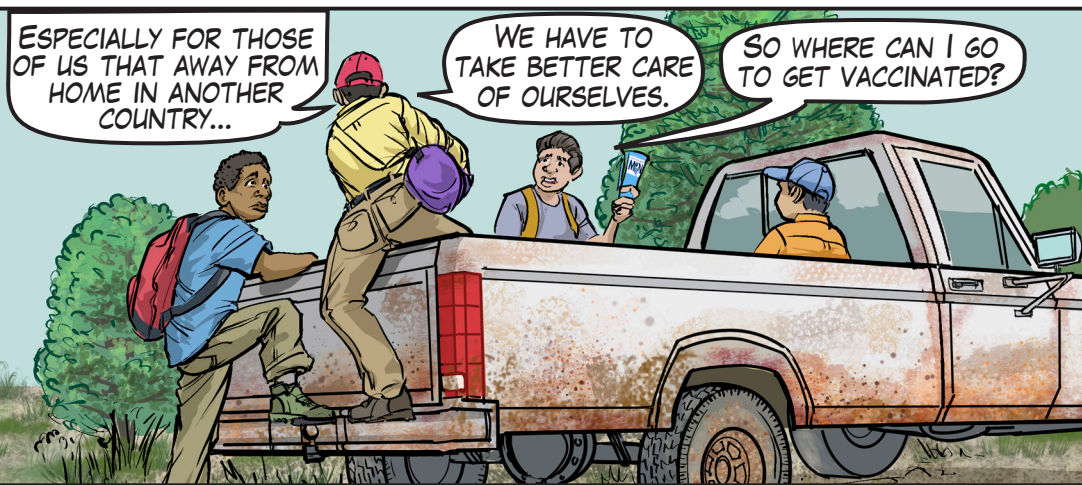
STUFFY OR RUNNY NOSE



SO, SHOULD WE GET VACCINATED?



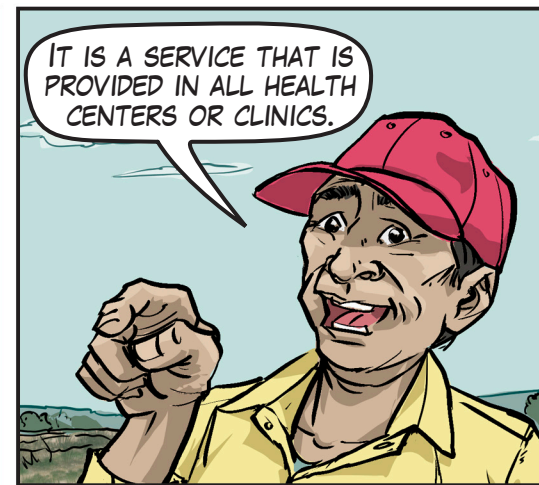
YES MAN, BUT IT'S NOTHING TO WORRY ABOUT!



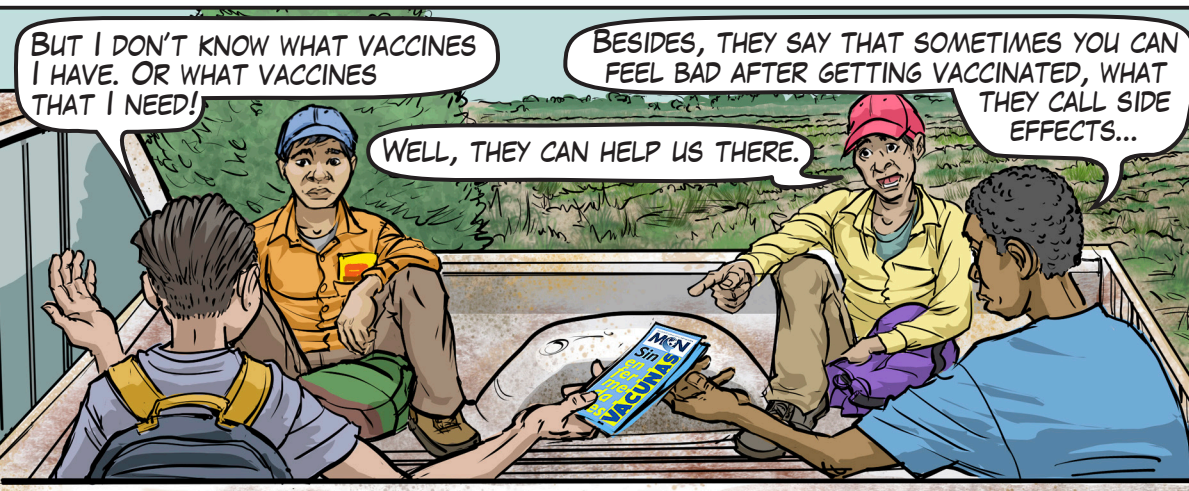
ESPECIALLY FOR THOSE OF US THAT AWAY FROM HOME IN ANOTHER COUNTRY...

WE HAVE TO TAKE BETTER CARE OF OURSELVES.

SO WHERE CAN I GO TO GET VACCINATED?



IT IS A SERVICE THAT IS PROVIDED IN ALL HEALTH CENTERS OR CLINICS.



BUT I DON'T KNOW WHAT VACCINES I HAVE. OR WHAT VACCINES THAT I NEED!

BESIDES, THEY SAY THAT SOMETIMES YOU CAN FEEL BAD AFTER GETTING VACCINATED, WHAT THEY CALL SIDE EFFECTS...

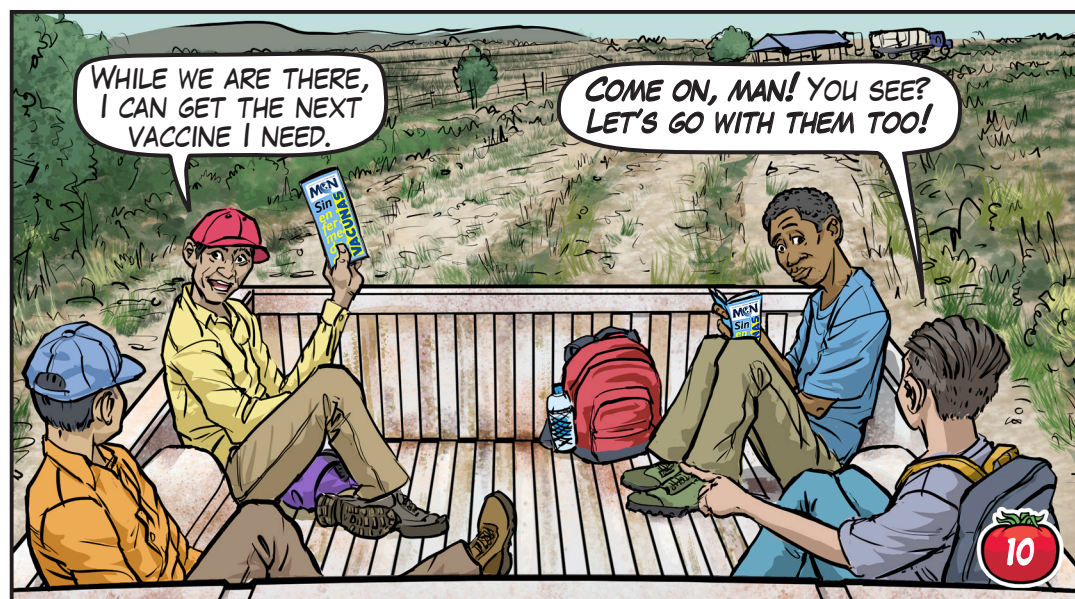
WELL, THEY CAN HELP US THERE.



HMMMM... I THINK THOSE SIDE EFFECTS ARE BETTER THAN GETTING SICK, HAVING TO GO THE HOSPITAL, OR DYING!

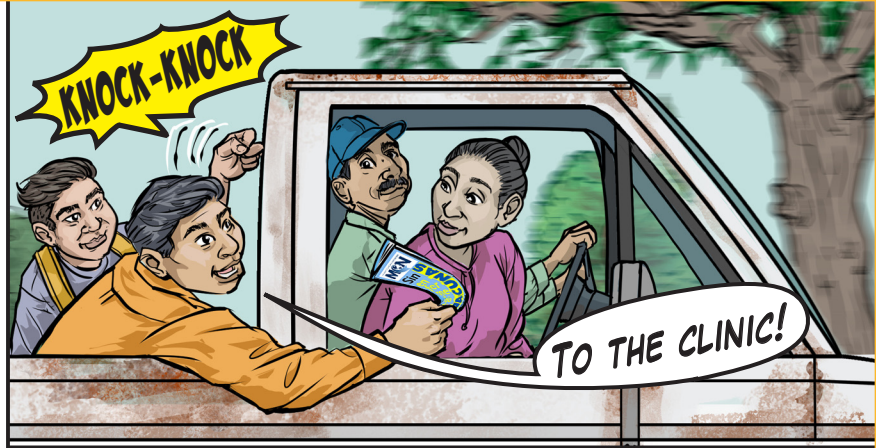
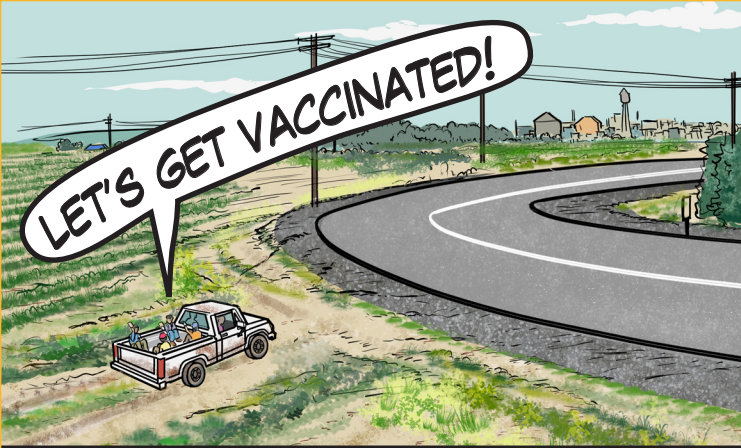


ACTUALLY, LET'S GO TO THE CLINIC NEARBY SO THEY CAN EXPLAIN IT BETTER!



WHILE WE ARE THERE, I CAN GET THE NEXT VACCINE I NEED.

COME ON, MAN! YOU SEE? LET'S GO WITH THEM TOO!



AND THEY CAME TO THE CLINIC CONVINCED THAT
ADULTS GET VACCINATED TOO!

NEAREST CLINIC

ADDRESS

PHONE

CONTACT PERSON

