

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
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ect

igible
near you:

nter

ADULTS GET VACCINATED
LOS GRANDES TAMBIÉN SE VACUNAN GRANNHOU YO VAKS.

PREVENTABLE DISEASE AND ITS SYMPTOMS

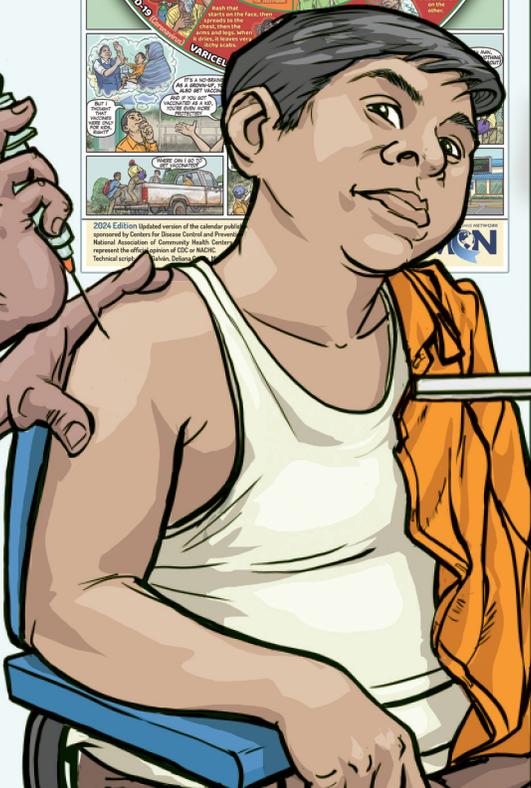
WHEN?

WHERE? VACCINE

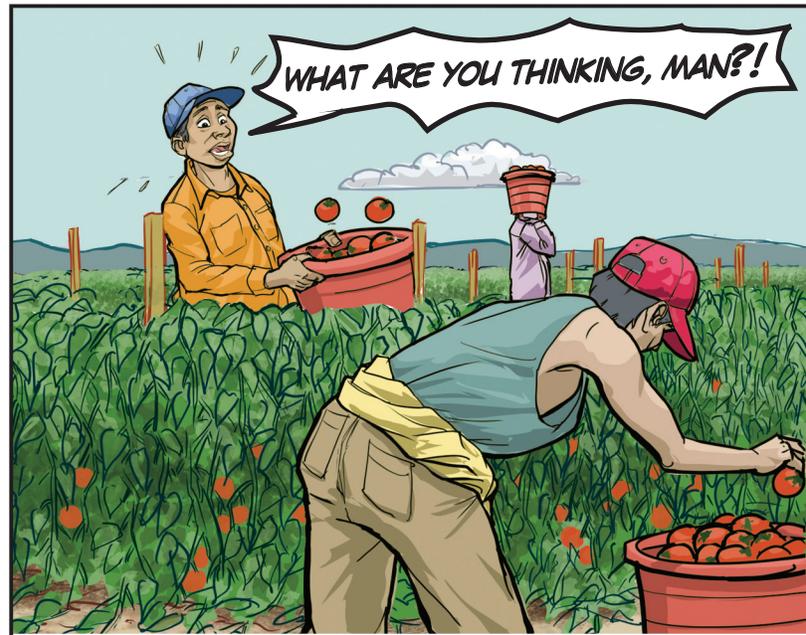
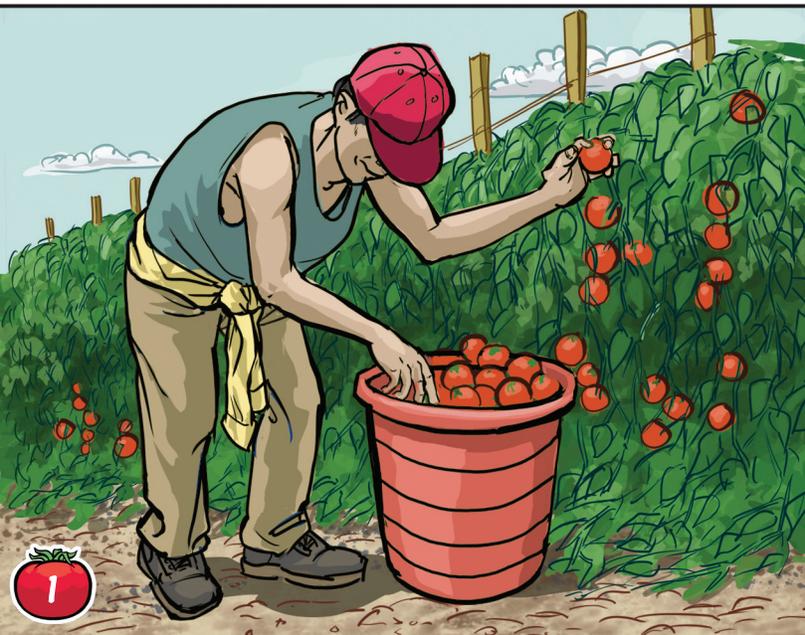
HEALTHY

UNHEALTHY

2024 Edition Updated version of the calendar published and approved by Centers for Disease Control and Prevention, National Association of Community Health Centers represent the official opinion of MCN. Technical script: Alma Galván, Deliana García, Migrant Clinicians Network.



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





PUT YOUR SHIRT ON!
YOU HAVE TO COVER YOURSELF FROM THE SUN.



DON'T MESS WITH THE HEAT! YOU COULD HAVE A HEAT STROKE.



DON'T YOU REMEMBER WHAT THEY CAME TO TALK TO US ABOUT?

EXTREME HEAT

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

SYMPTOMS



HEADACHE



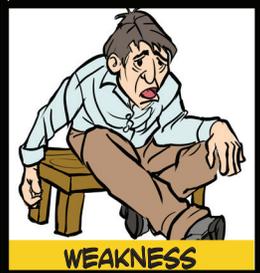
NAUSEA/VOMITING



SWEATING A LOT AND THIRST



DIZZINESS



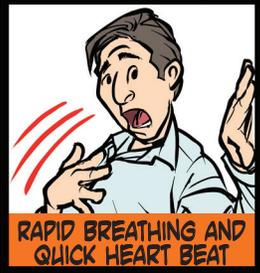
WEAKNESS

HEAT EXHAUSTION
 $>37^{\circ}\text{C} / >98.6^{\circ}\text{F}$
 • FEVER
 • CRAMPS
 • IRRITABILITY



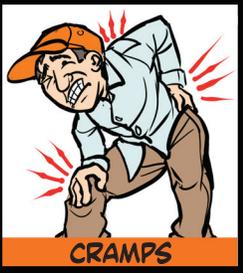
DRY/RED/HOT SKIN WITHOUT SWEATING

HEAT STRESS
 $>37.7^{\circ}\text{C} / >100^{\circ}\text{F}$
 • FAINTING
 • HIGH FEVER
 • LOW BLOOD PRESSURE



RAPID BREATHING AND QUICK HEART BEAT

HEAT STROKE
 $>40^{\circ}\text{C} / >104^{\circ}\text{F}$
 • FEVER
 • COMA
 • BODY SAGGING
 • UNCONSCIOUSNESS



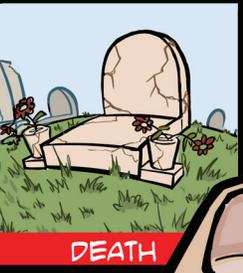
CRAMPS



SEIZURES



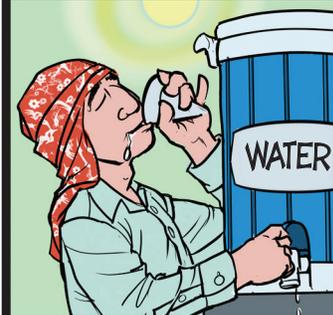
CONFUSION AND DELIRIUM



DEATH

HOW TO PREVENT IT

WATER



TAKE CARE OF EACH OTHER THROUGH A BUDDY SYSTEM

REST



SHADE



ACCLIMATIZATION TO HEAT AND WORK



SUITABLE CLOTHING

GRADUALLY INCREASE WORKING HOURS AND WORKLOAD



LIGHT-COLORED COTTON CLOTHING

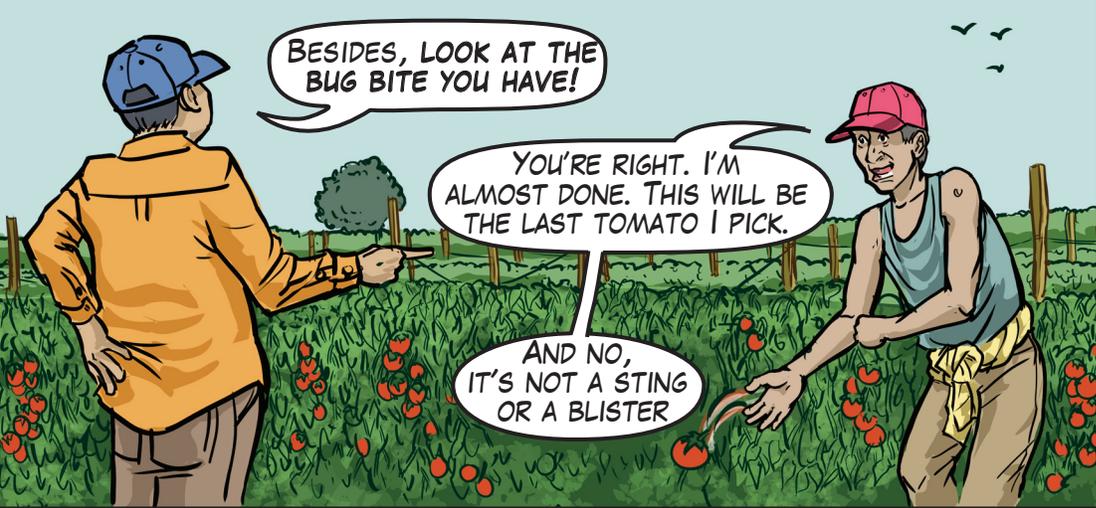
HAT/CAP

LONG SLEEVES

GLOVES

LONG PANTS

BOOTS/SHOES



BESIDES, LOOK AT THE BUG BITE YOU HAVE!

YOU'RE RIGHT. I'M ALMOST DONE. THIS WILL BE THE LAST TOMATO I PICK.

AND NO, IT'S NOT A STING OR A BLISTER



IT'S MY PROTECTION!



PROTECTION FROM WHAT?

FROM DISEASES.

WE ALL HAVE THIS MARK!

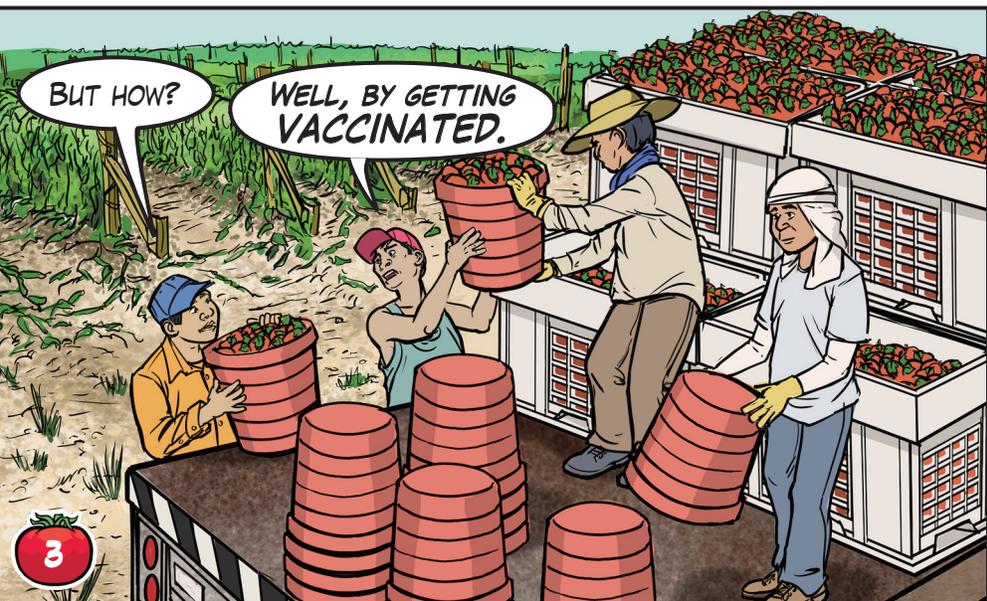


WELL, I DON'T! AM I NOT PROTECTED?... LOOK!... I DON'T HAVE ANYTHING LIKE THAT!!

BUT YOU CAN STILL PROTECT YOURSELF.

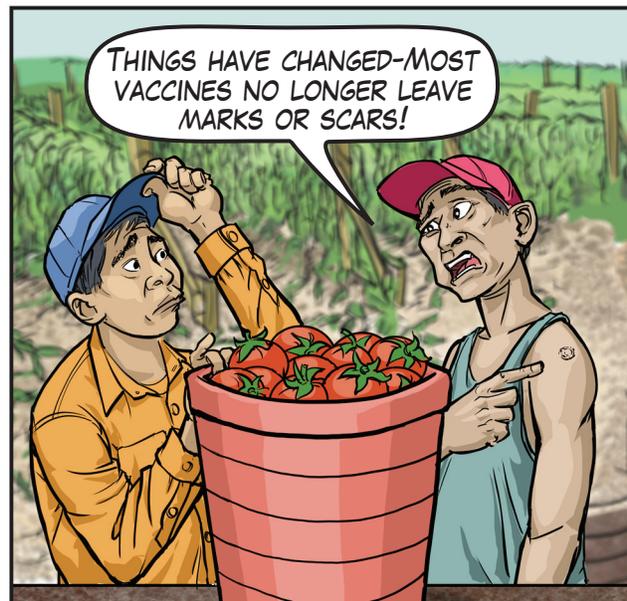


YES, INDEED! EVEN THOUGH WE'RE OLDER, WE CAN STILL DO IT!...

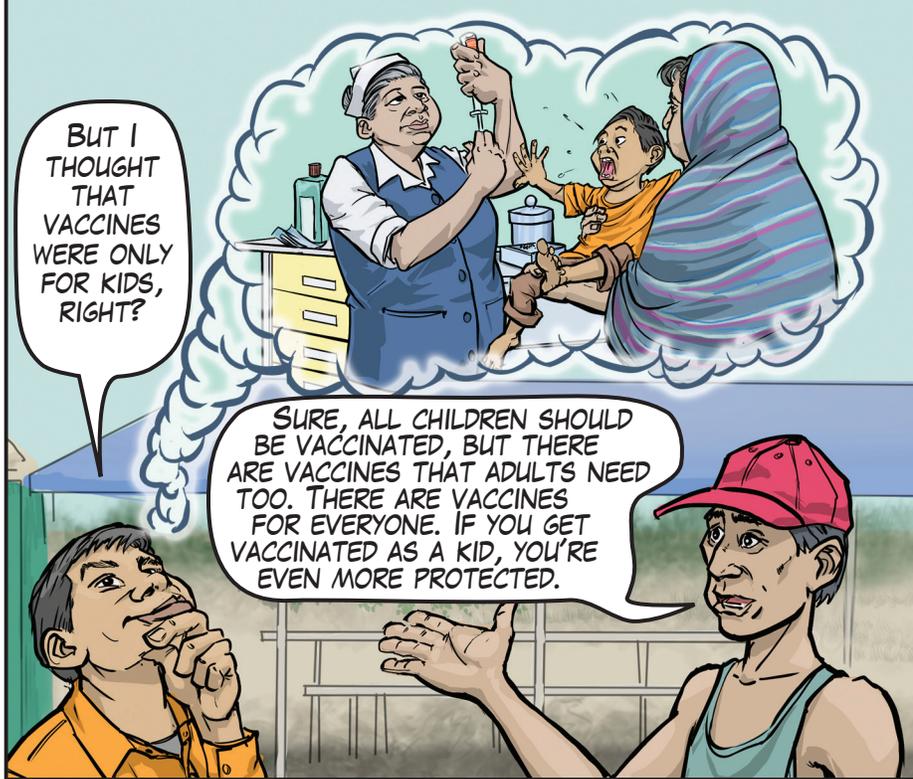


BUT HOW?

WELL, BY GETTING VACCINATED.



THINGS HAVE CHANGED-MOST VACCINES NO LONGER LEAVE MARKS OR SCARS!





VACCINES FOR ADULTS

VACCINE: HB or HepB

DISEASE:
HEPATITIS B

SYMPTOMS:

NAUSEA AND LOSS OF APPETITE

WHEN?

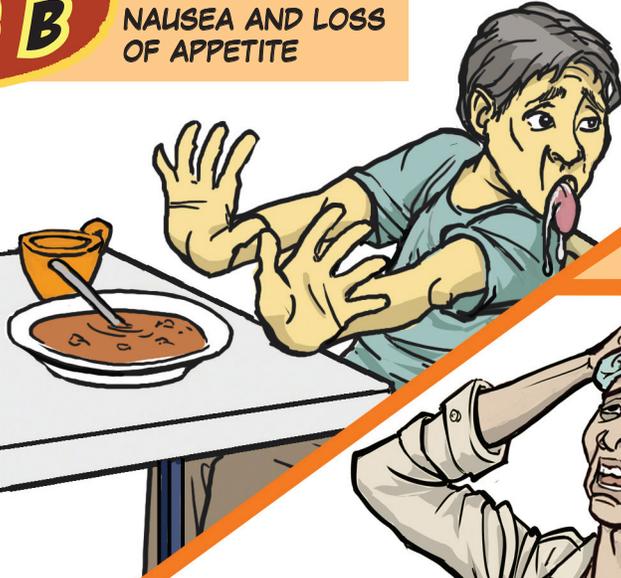
ADULTS **3** doses

wait 1-2 months

wait 4-6 months

WHERE?

ARM



YELLOW EYES AND SKIN



FEVER AND WEAKNESS

ORANGE OR BROWN URINE



DISEASE:
MENINGITIS

VACCINE: MENINGOCOCCAL

SYMPTOMS:

WHEN?

1 dose

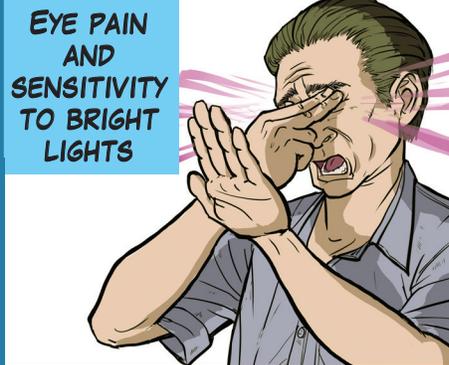
for young people who share a bedroom

WHERE?

ARM



FEVER, SEVERE HEADACHE



EYE PAIN AND SENSITIVITY TO BRIGHT LIGHTS

NAUSEA, SEVERE VOMITING



SLEEP, CONFUSION



STIFF NECK

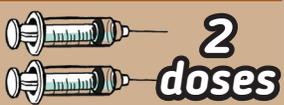
DISEASE:
VARICELLA
(CHICKEN POX)

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.

DISEASE:
INFLUENZA
(FLU)

VACCINE: **INFLUENZA**

SYMPTOMS:

WHEN?



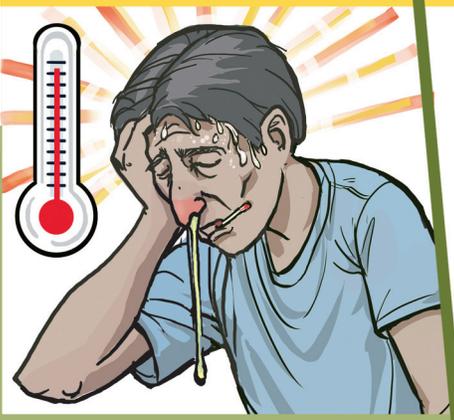
1 dose

once a year in the fall or winter



WHERE?

ARM



COLD, FEVER, HEADACHE



MUSCLE OR BODY ACHES

SOMETIMES THERE IS DIARRHEA AND VOMITING



FATIGUE



SORE THROAT, COUGH



PLUS THESE OTHERS:

DISEASE: TETANUS

WHEN?

CAN'T WALK WELL

1 SHOT FOR 3 VACCINES:

Tdap

SYMPTOMS:

DIFFICULT TO SWALLOW

JAW, NECK AND OTHER PARTS OF THE BODY BECOME STIFF

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

3 doses

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

DISEASE: DIPHTHERIA

SYMPTOMS:

GRAY SPOTS ON THE THROAT

RUNNY NOSE, FEVER

GRAY SPOTS ON THE THROAT

NECK SWELLING

BAD BREATH, HEADACHE AND VERY SORE THROAT

WHERE?

ARM

7

DISEASE: PERTUSSIS

SYMPTOMS:

FEVER AND VOMITING

FREQUENT DRY COUGH

COLD-LIKE SYMPTOMS/ COLD, RUNNY NOSE



THAT'S TRUE

1 SHOT FOR 3 VACCINES:

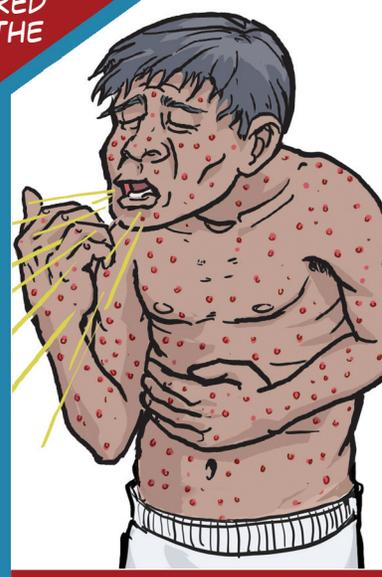
MMR

DISEASE: **MEASLES**

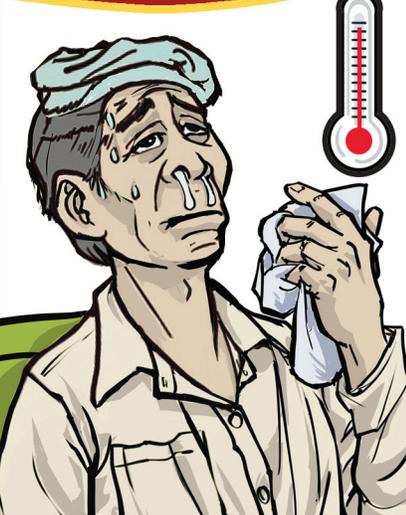
SYMPTOMS:



PAINFUL RED DOTS IN THE MOUTH



COUGH, RED RASH ALL OVER THE BODY



RUNNY NOSE / COLD / COLD-LIKE SYMPTOMS OR FEVER



DIARRHEA

WHEN?

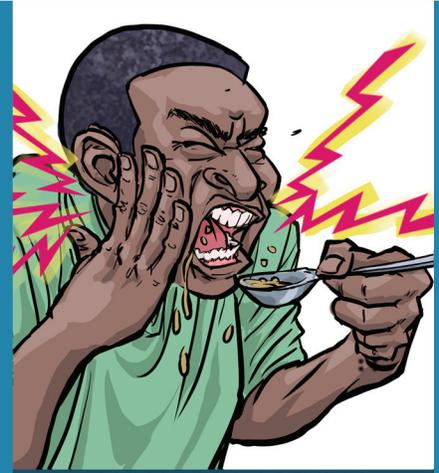
1 dose

For adults born before 1957 who have NOT had any MMR vaccine and those born after 1957



DISEASE: **MUMPS**

SYMPTOMS:



PAIN WHEN OPENING YOUR MOUTH OR EATING



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



FEVER

1 additional dose

For staff and volunteers in any type of healthcare setting

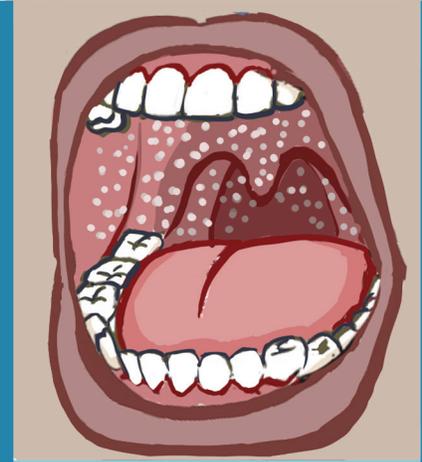


2 doses

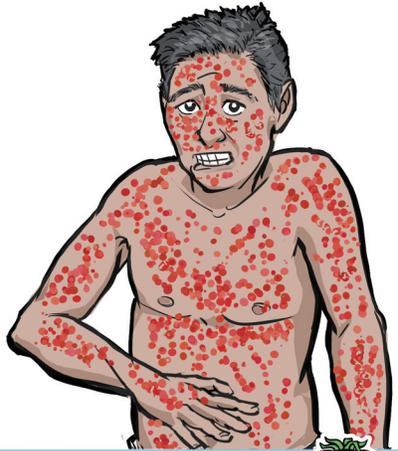
Given at least 28 days apart to adults who are:
- Working at or going to school
- Travelling internationally
- In contact with people who have weakened immune systems

DISEASE: **RUBELLA**

SYMPTOMS:



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



NECK PAIN AND SWELLING

WHERE?

ARM



AND THIS IS THE MOST RECENT..

DISEASE: COVID-19

VACCINE:

COVID-19

SYMPTOMS:



GET THE COVID-19 VACCINE EVERY YEAR

ASK YOUR HEALTHCARE PROVIDER!

SOME STATES HAVE DIFFERENT RECOMMENDATIONS



All children
6-23 months



Children 2-17
years old with
risk factors or if
parents desire
vaccination

1 dose

TALK TO YOUR HEALTHCARE PROVIDER IF YOU HAVE QUESTIONS



At any point
in pregnancy

1 dose



Adults
18-50 years

1 dose



Adults
50+ years

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!



FEVER



HEADACHES



DIFFICULT TO BREATH
(SHORTNESS OF BREATH)



CHILLS



COUGHING



NAUSEA, VOMITING



DIARRHEA



SORE THROAT



FATIGUE



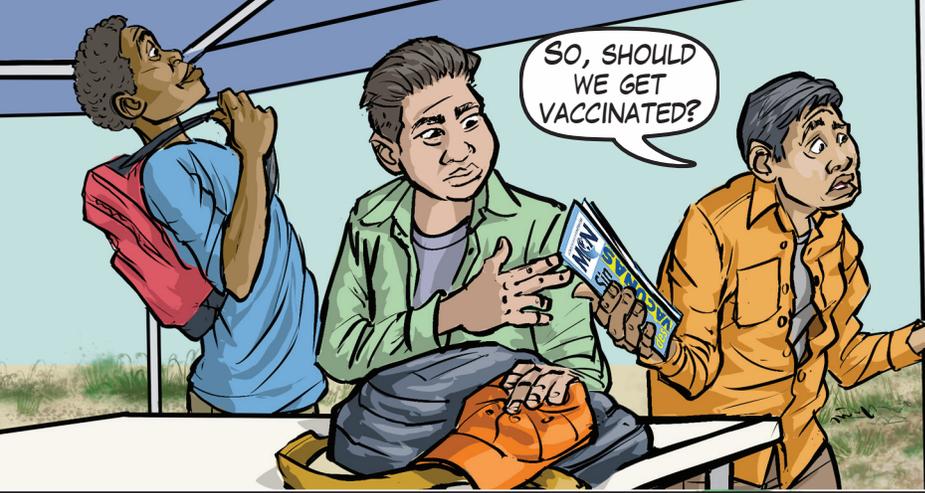
MUSCLE PAIN AND
BODY ACHES



RECENT LOSS OF
SMELL OR TASTE



STUFFY OR
RUNNY NOSE



SO, SHOULD WE GET VACCINATED?



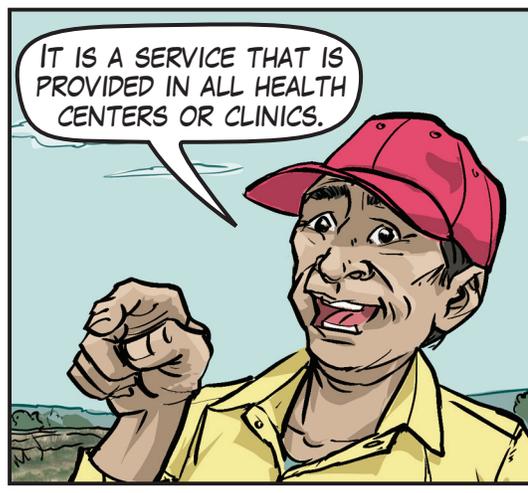
YES MAN, BUT IT'S NOTHING TO WORRY ABOUT!



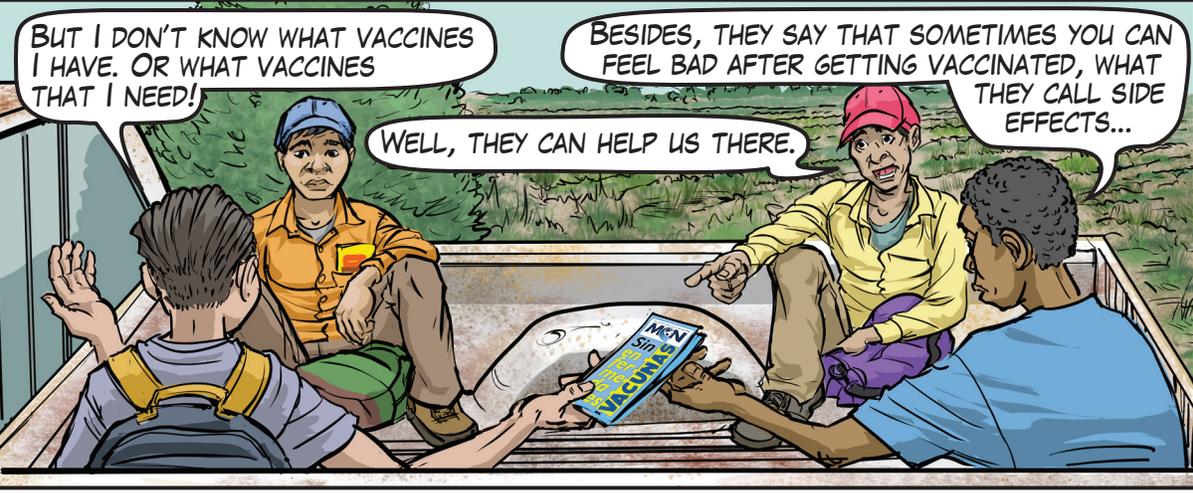
ESPECIALLY FOR THOSE OF US THAT AWAY FROM HOME IN ANOTHER COUNTRY...

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!

WELL, THEY CAN HELP US THERE.

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



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

