

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
si

eligible
near you:

center

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

PREVENTABLE DISEASE AND ITS SYMPTOMS

WHEN? WHERE? VACCINE

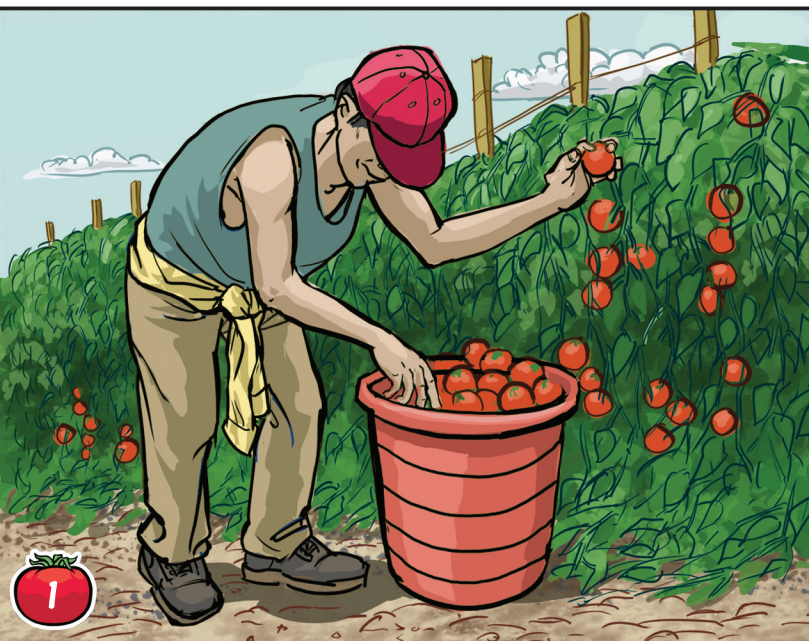
2024 Edition Updated version of the calendar published and approved by Centers for Disease Control and Prevention, National Association of Community Health Centers represent the official opinion of MCN. Technical script: Alma Galván, Deliana García, Migrant Clinicians Network.



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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



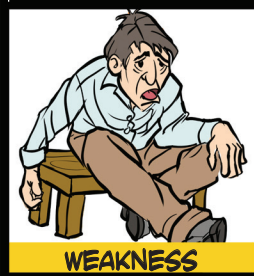
NAUSEA/VOMITING



SWEATING A LOT
AND THIRST



DIZZINESS



WEAKNESS

HEAT EXHAUSTION

>37°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

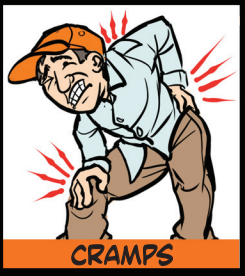


RAPID BREATHING AND
QUICK HEART BEAT

HEAT STROKE

>40°C / >104°F

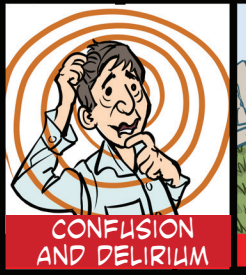
- FEVER
- COMA
- BODY SAGGING
- UNCONSCIOUSNESS



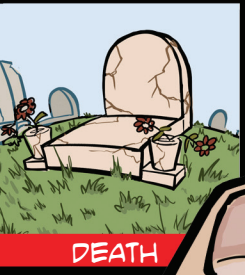
CRAMPS



SEIZURES



CONFUSION
AND DELIRIUM



DEATH

HOW TO PREVENT IT

WATER

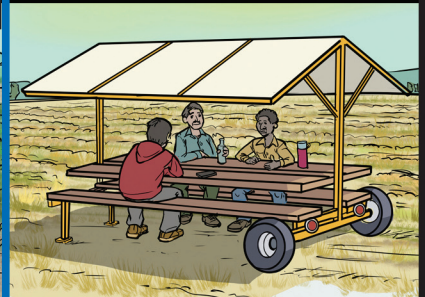


TAKE CARE OF EACH OTHER
THROUGH A BUDDY SYSTEM

REST

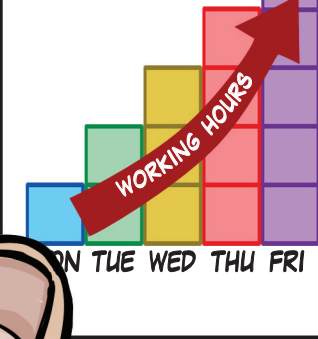


SHADE

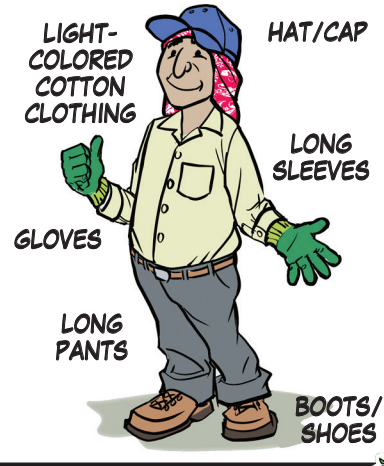


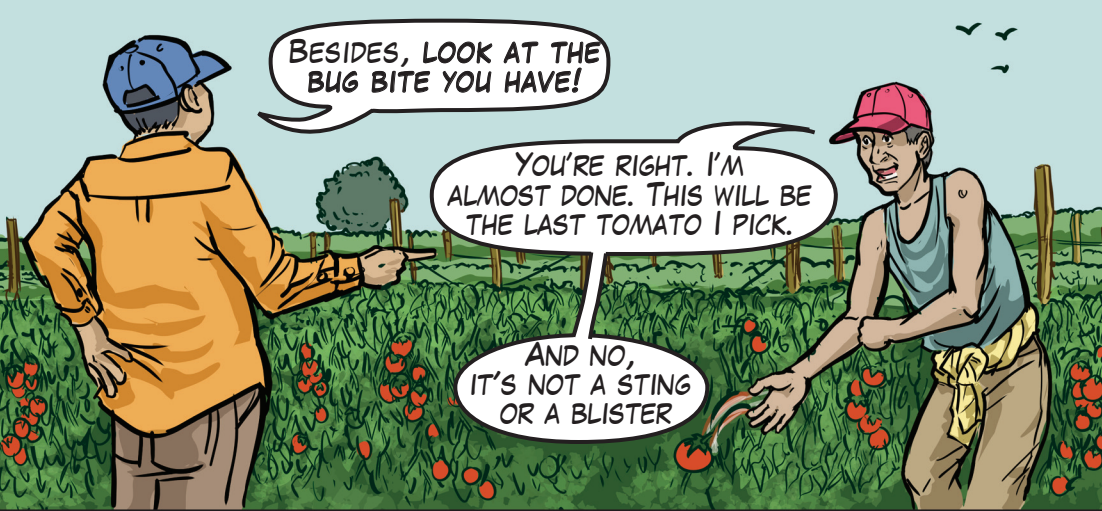
ACCLIMATIZATION TO HEAT AND WORK

GRADUALLY INCREASE
WORKING HOURS
AND WORKLOAD



SUITABLE CLOTHING





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!

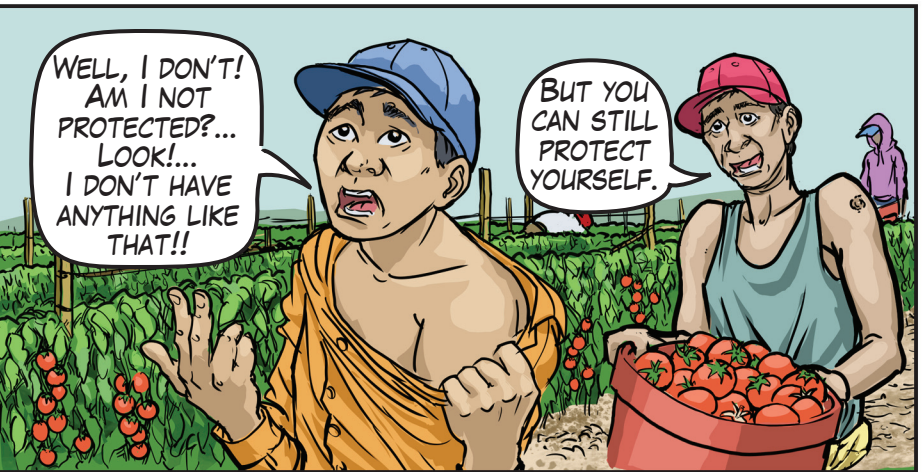


PROTECTION FROM WHAT?

FROM DISEASES.



WE ALL HAVE THIS MARK!

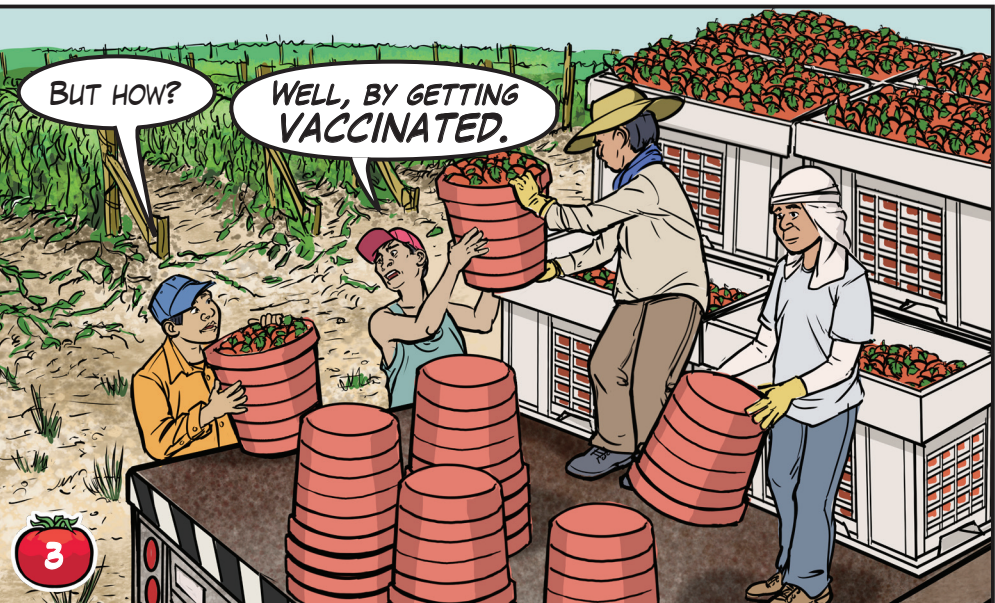


WELL, I DON'T! AM I NOT PROTECTED?... LOOK!... I DON'T HAVE ANYTHING LIKE THAT!!

BUT YOU CAN STILL PROTECT YOURSELF.

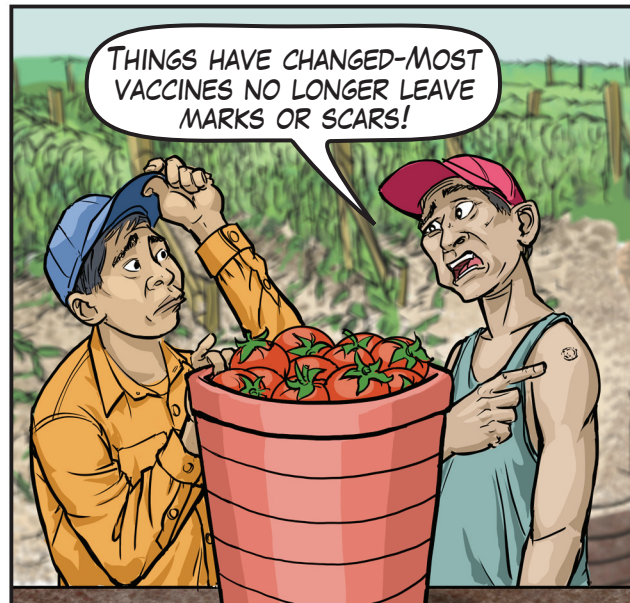


YES, INDEED! EVEN THOUGH WE'RE OLDER, WE CAN STILL DO IT!...

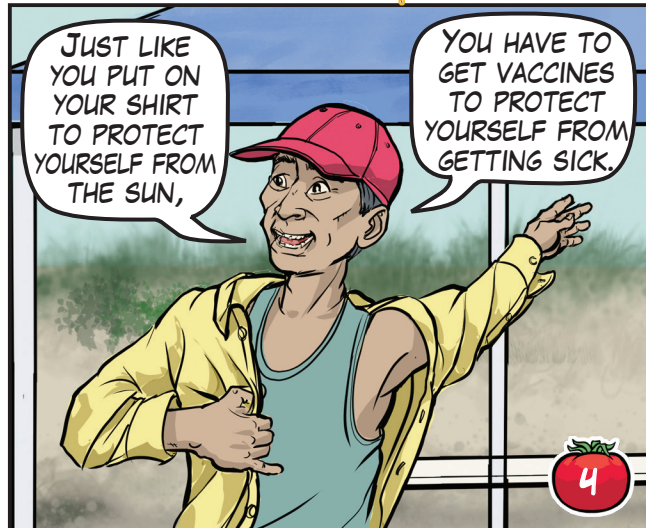
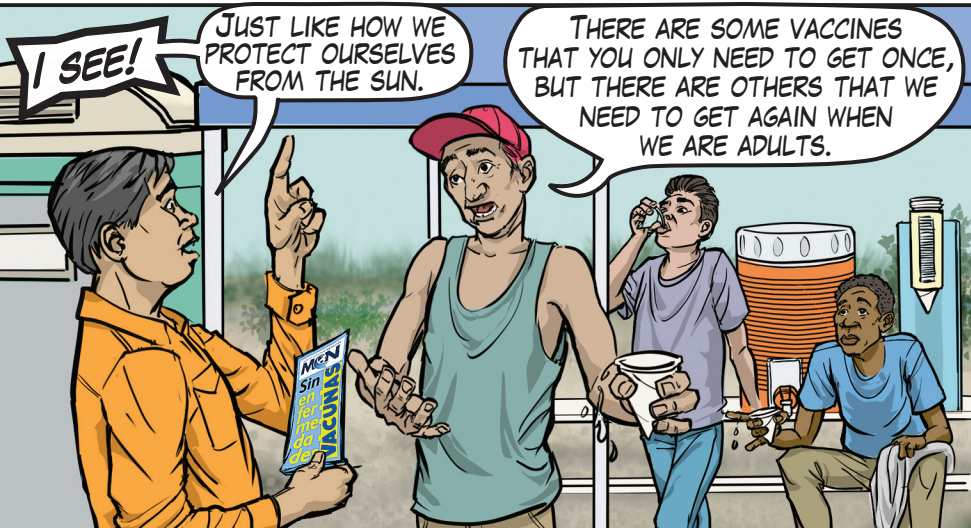
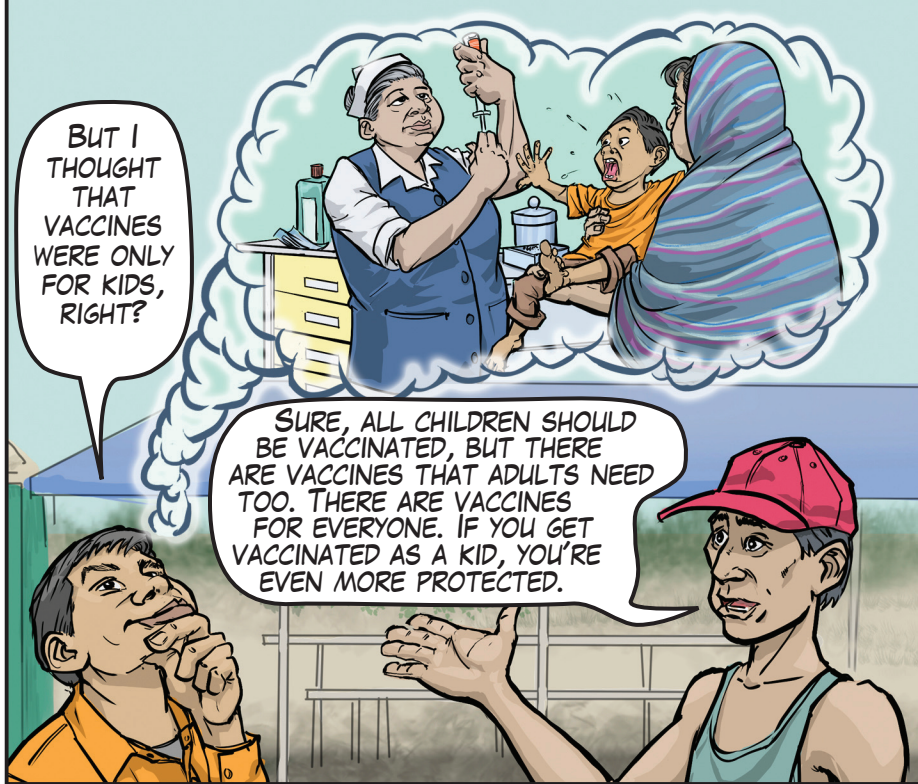


BUT HOW?

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?

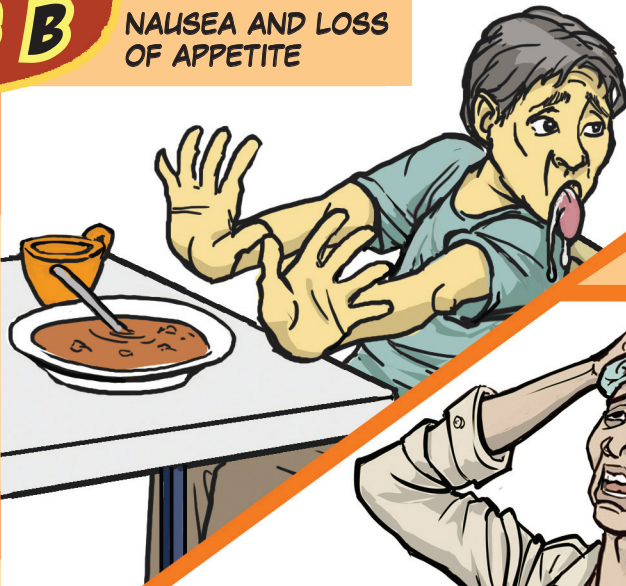
ADULTS **3** doses

wait 1-2 months

wait 4-6 months

WHERE?

ARM



YELLOW EYES AND SKIN



ORANGE OR BROWN URINE



FEVER AND WEAKNESS



DISEASE:
MENINGITIS

VACCINE: **MENINGOCOCCAL**

SYMPTOMS:

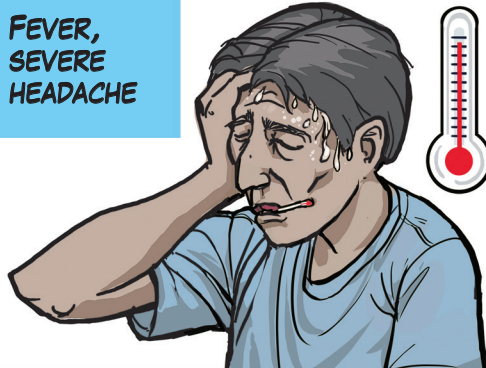
WHEN?

1 dose

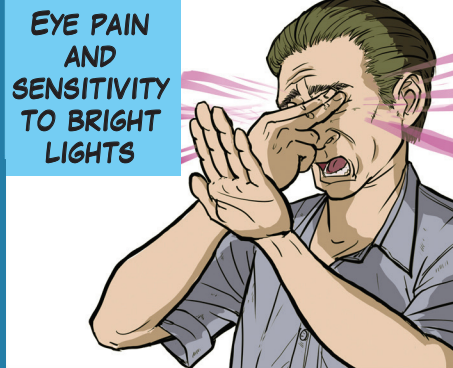
for young people who share a bedroom

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



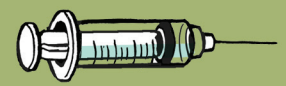
RASH THAT STARTS ON THE FACE, CONTINUES THE CHEST, AND ENDS ON THE ARMS AND LEGS. WHEN IT DRIES, IT LEAVES VERY ITCHY SCABS.

DISEASE:
INFLUENZA
(FLU)

VACCINE: **INFLUENZA**

SYMPTOMS:

WHEN?



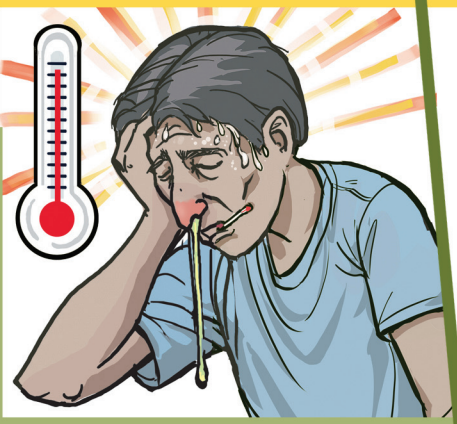
1 dose

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






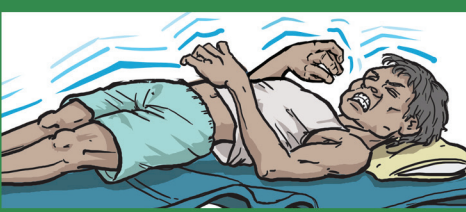

PLUS THESE OTHERS:

DISEASE: TETANUS

1 SHOT FOR 3 VACCINES:

Tdap

SYMPTOMS:

WHEN?

CAN'T WALK WELL

DIFFICULT TO SWALLOW

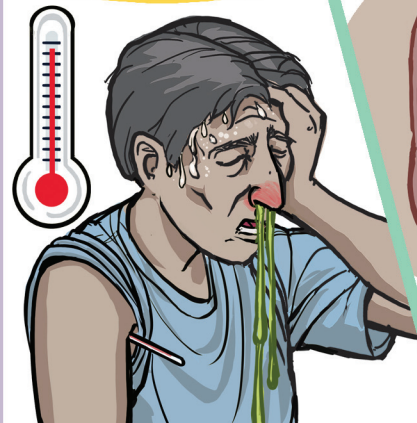



JAW, NECK AND OTHER PARTS OF THE BODY BECOME STIFF

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

3 doses

DISEASE: DIPHTHERIA

SYMPTOMS:

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

GRAY SPOTS ON THE THROAT

RUNNY NOSE, FEVER




NECK SWELLING

BAD BREATH, HEADACHE AND VERY SORE THROAT

WHERE?

DISEASE: PERTUSSIS

SYMPTOMS:

ARM

7

FEVER AND VOMITING

FREQUENT DRY COUGH

COLD-LIKE SYMPTOMS/ COLD, RUNNY NOSE



THAT'S TRUE

1 SHOT FOR 3 VACCINES:

MMR

DISEASE: **MEASLES**

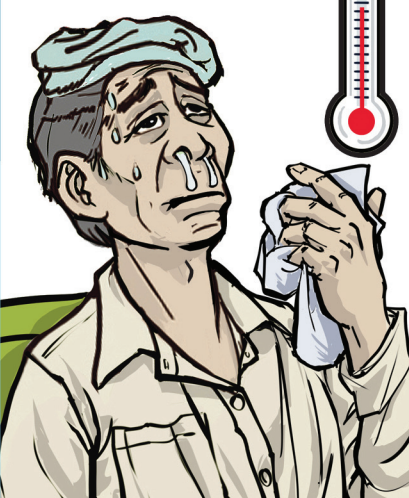
SYMPTOMS:



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**

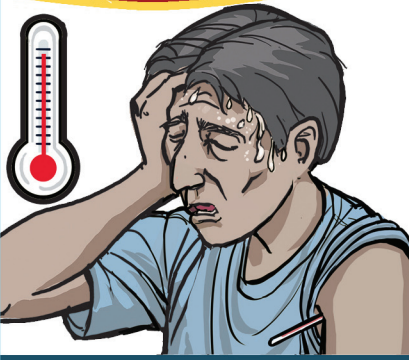
SYMPTOMS:



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

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

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

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

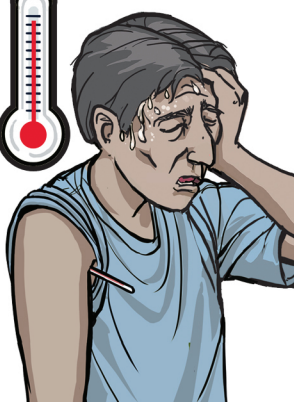
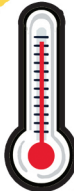


**Adults
50+ years**

1 dose

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

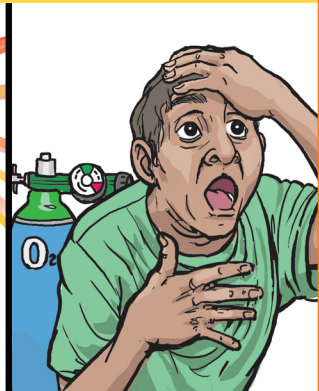
**PROTECT YOURSELF WITH THE VACCINE,
SO YOU WON'T NEED TO GO
TO THE HOSPITAL!**



FEVER



HEADACHES



**DIFFICULT TO BREATH
(SHORTNESS OF BREATH)**



CHILLS



COUGHING



NAUSEA, VOMITING



DIARRHEA



SORE THROAT



FATIGUE



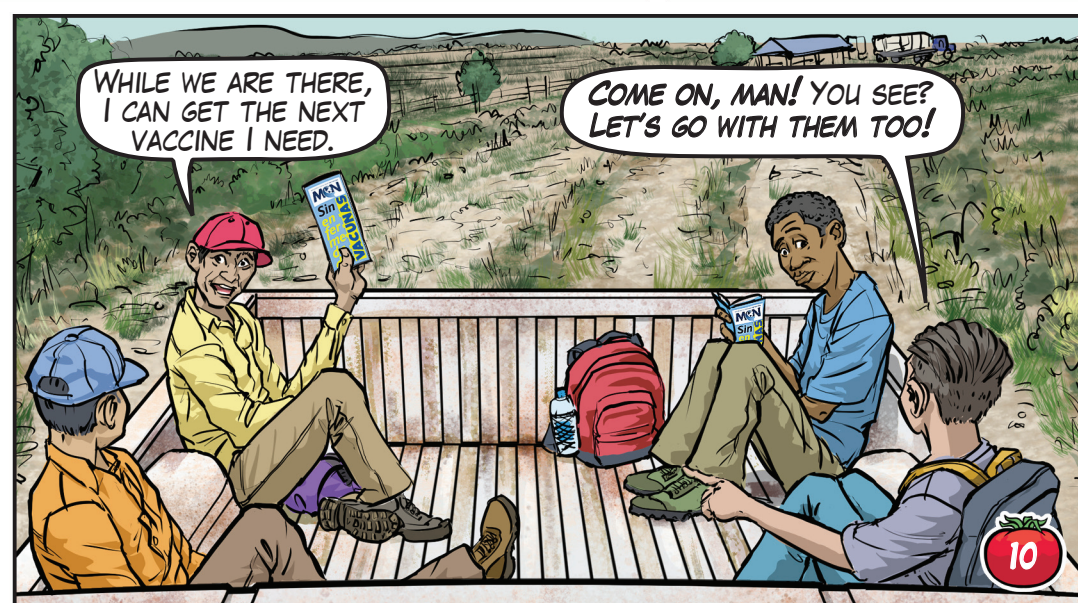
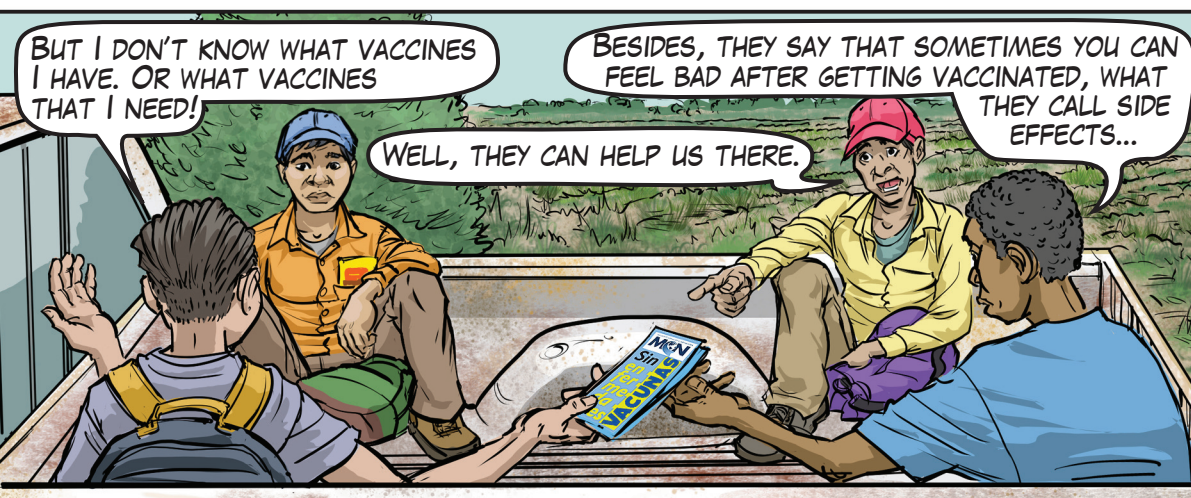
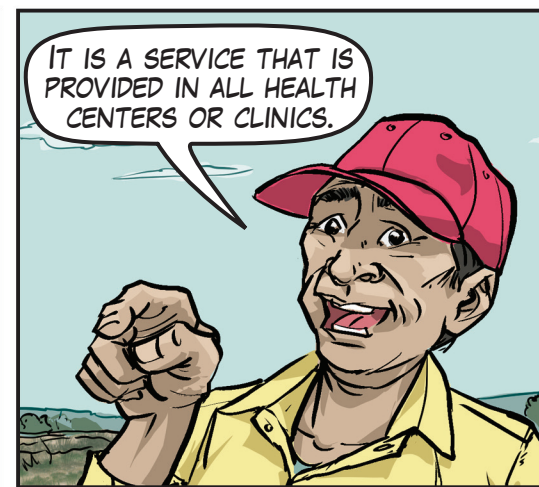
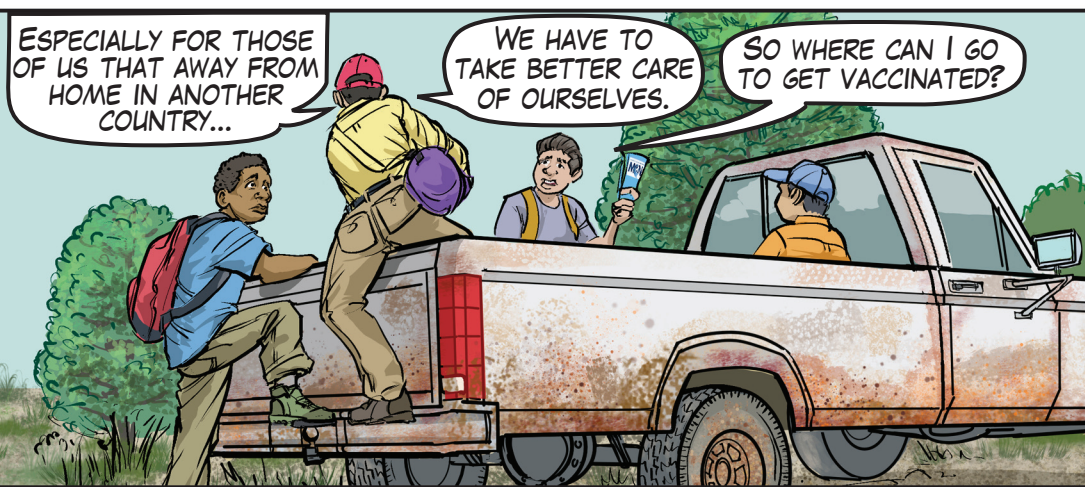
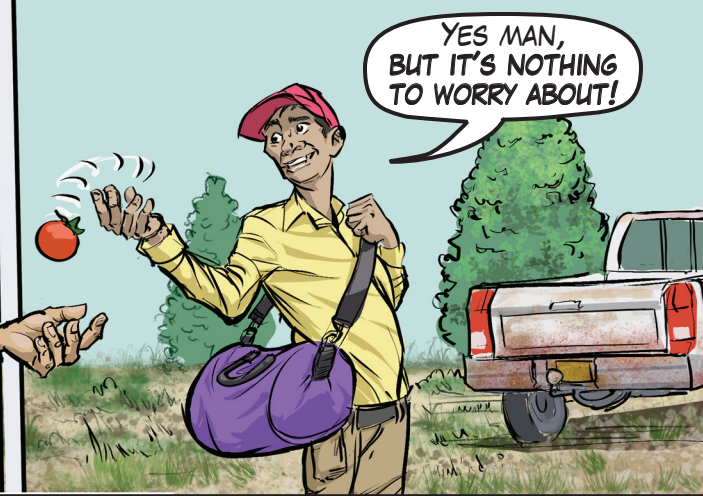
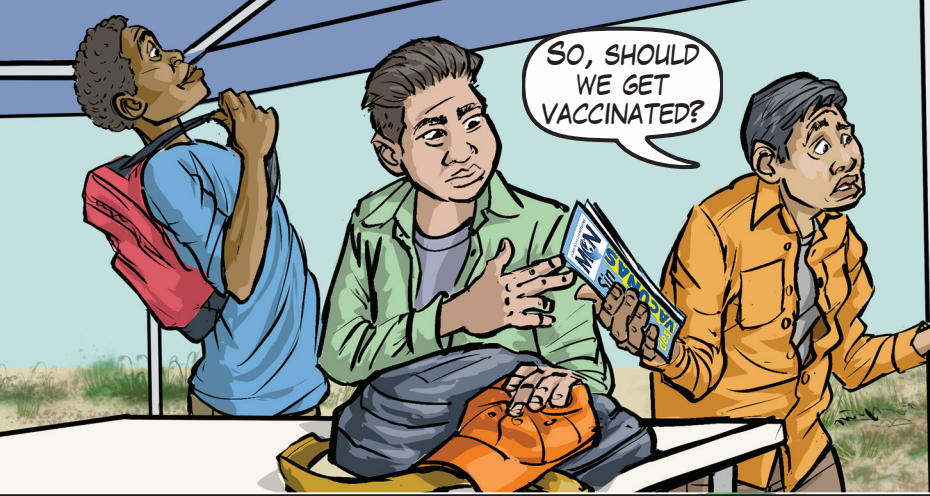
**MUSCLE PAIN AND
BODY ACHES**

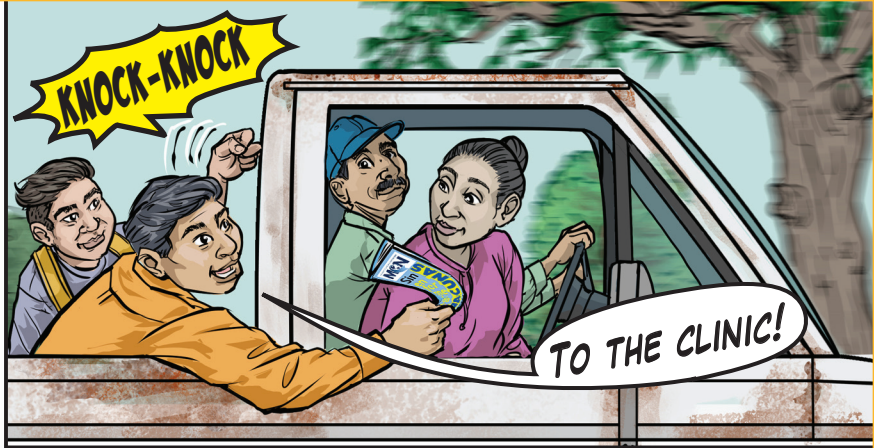
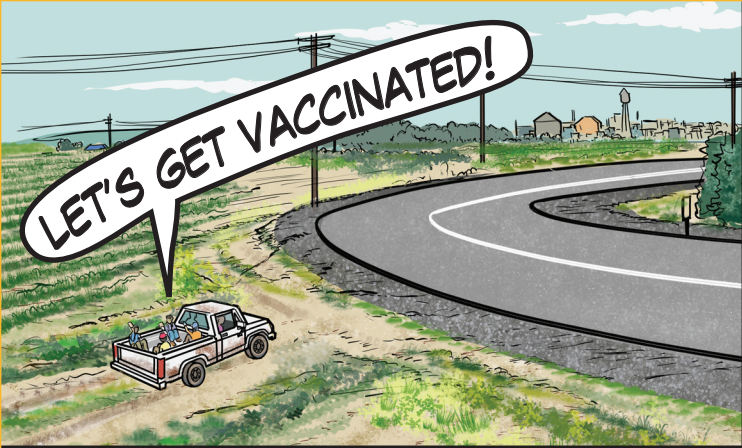


**RECENT LOSS OF
SMELL OR TASTE**



**STUFFY OR
RUNNY NOSE**





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

NEAREST CLINIC

ADDRESS

PHONE

CONTACT PERSON

