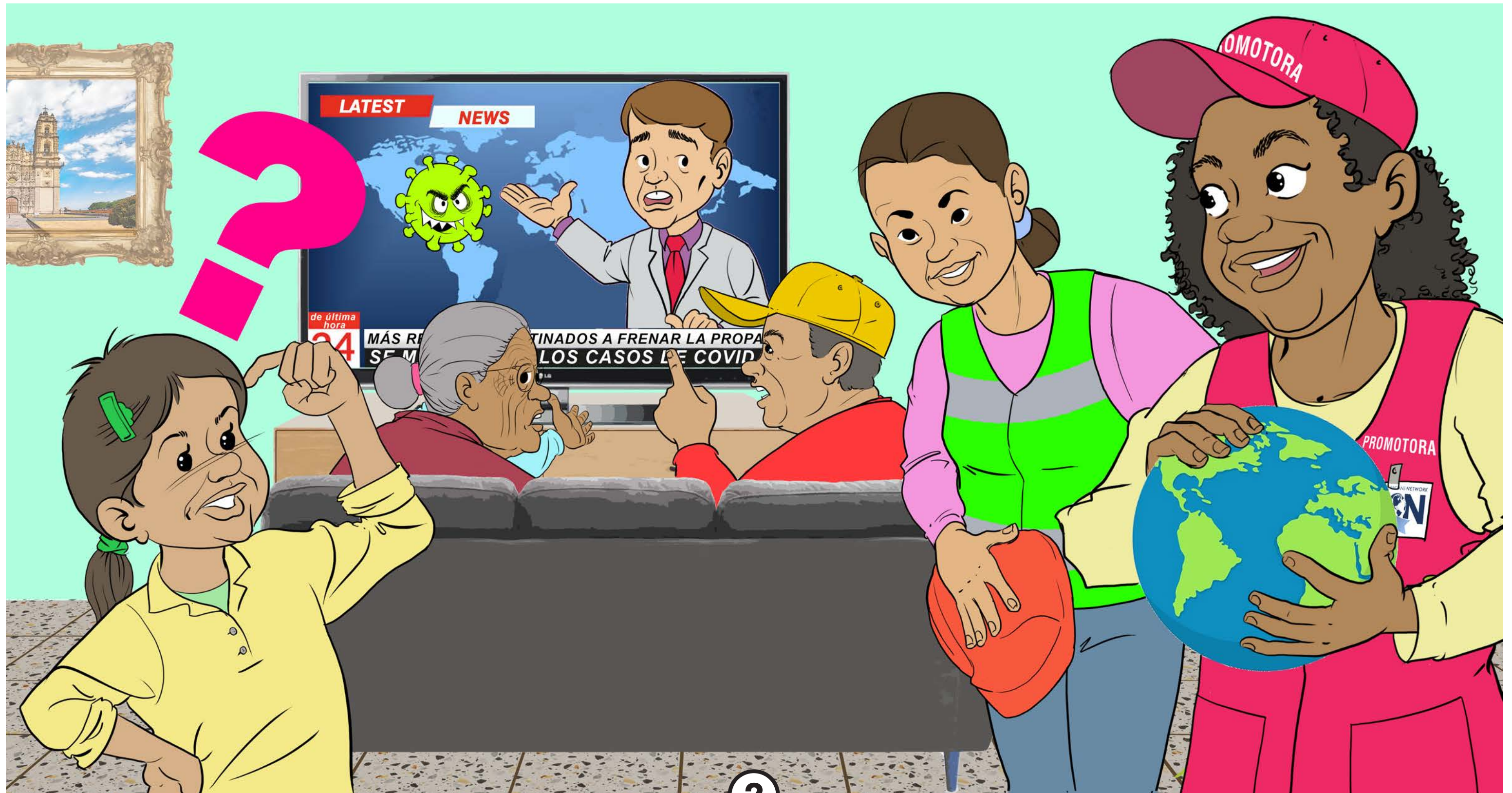


COVID-19 AND OUR COMMUNITY

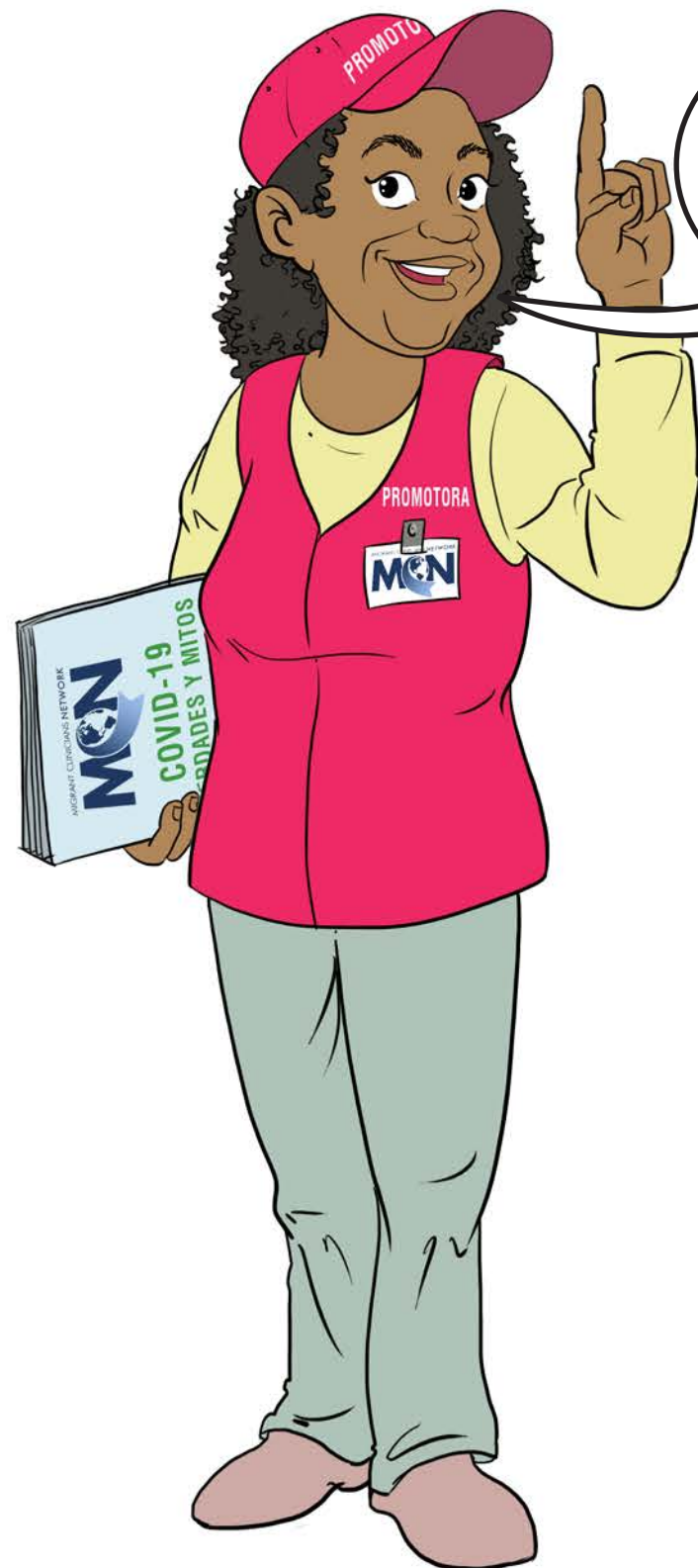
Better safe than sorry!



WHAT IS A PANDEMIC?



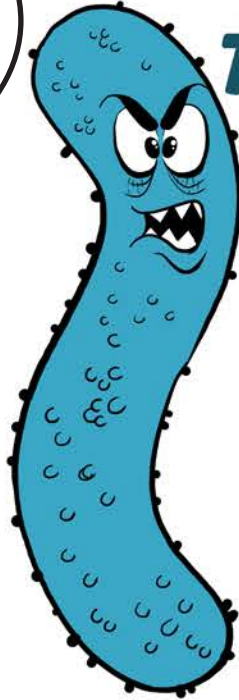
WHAT ARE INFECTIOUS DISEASES?



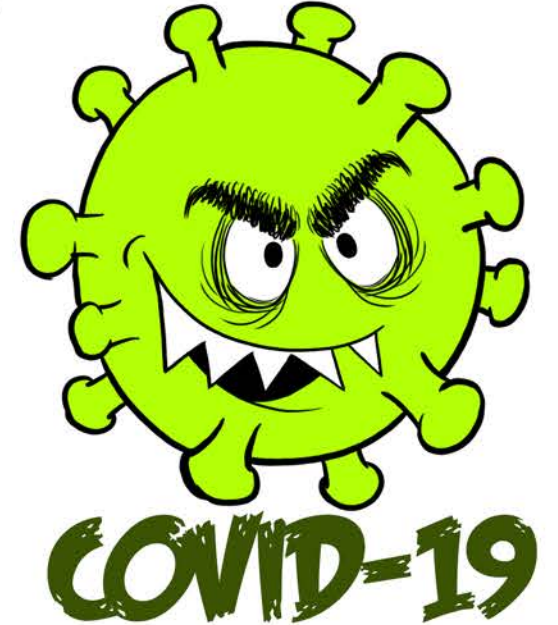
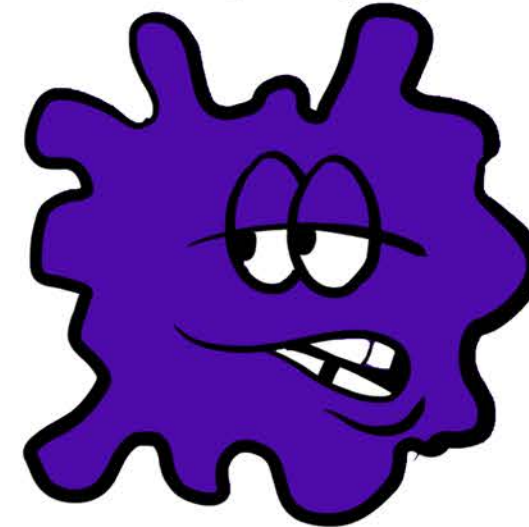
INFECTIOUS
DISEASES
ARE THOSE
CAUSED BY...

Bacteria, viruses or parasites

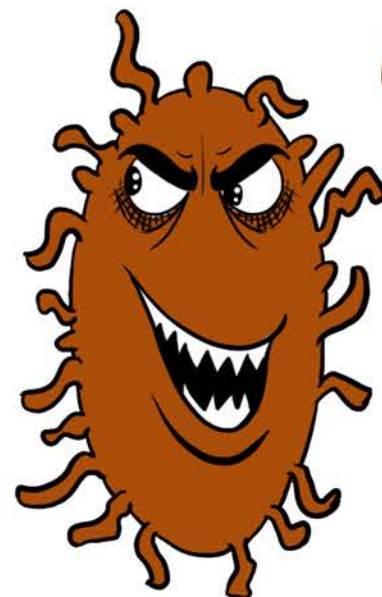
TUBERCULOSIS



MUMPS



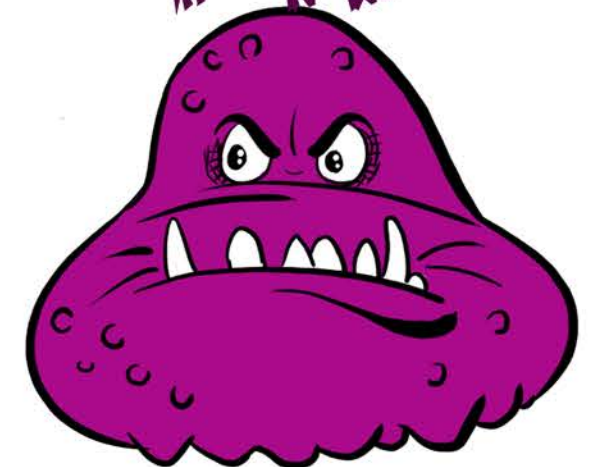
**cold
or
flu**



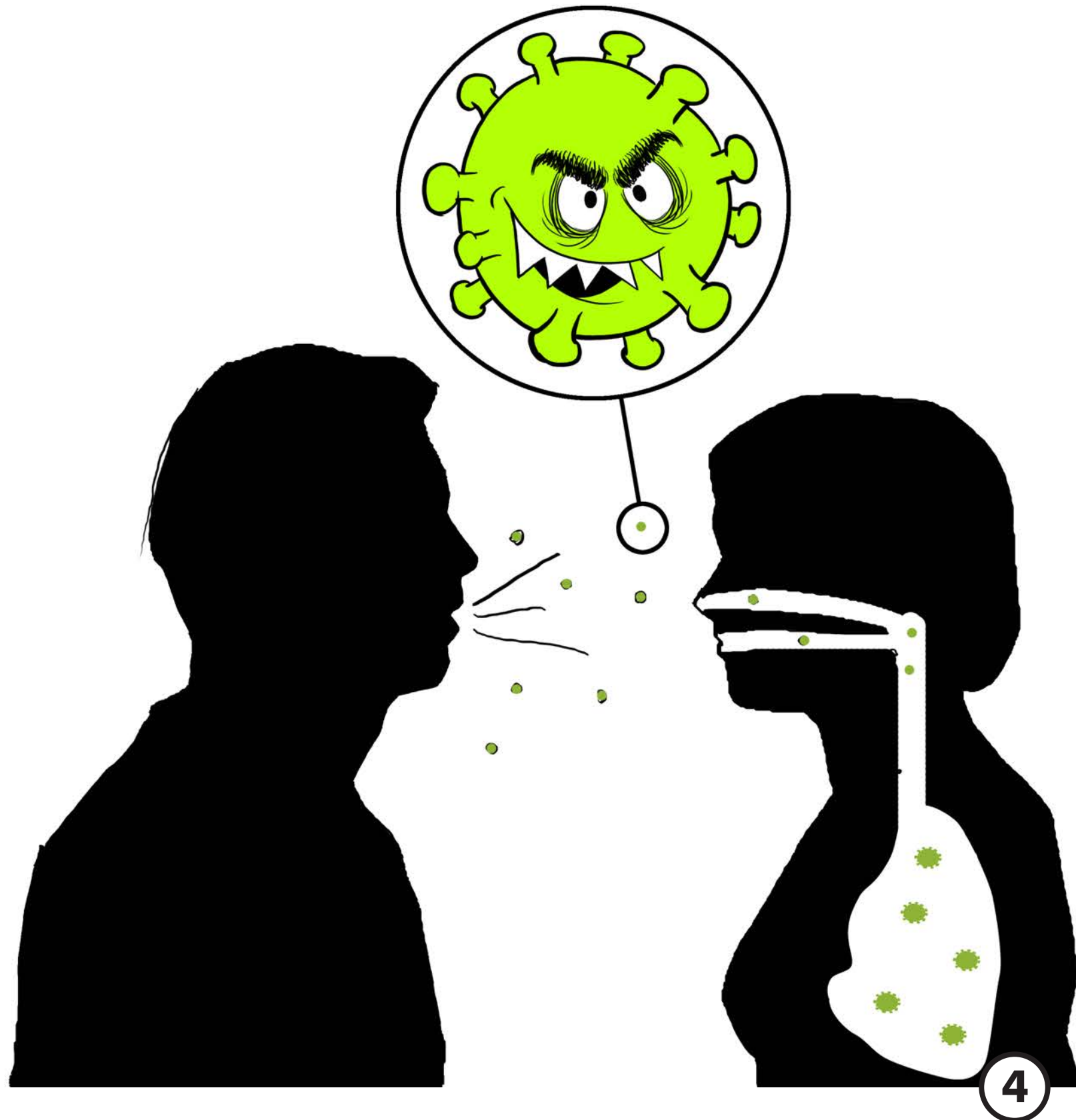
MITES







HIV



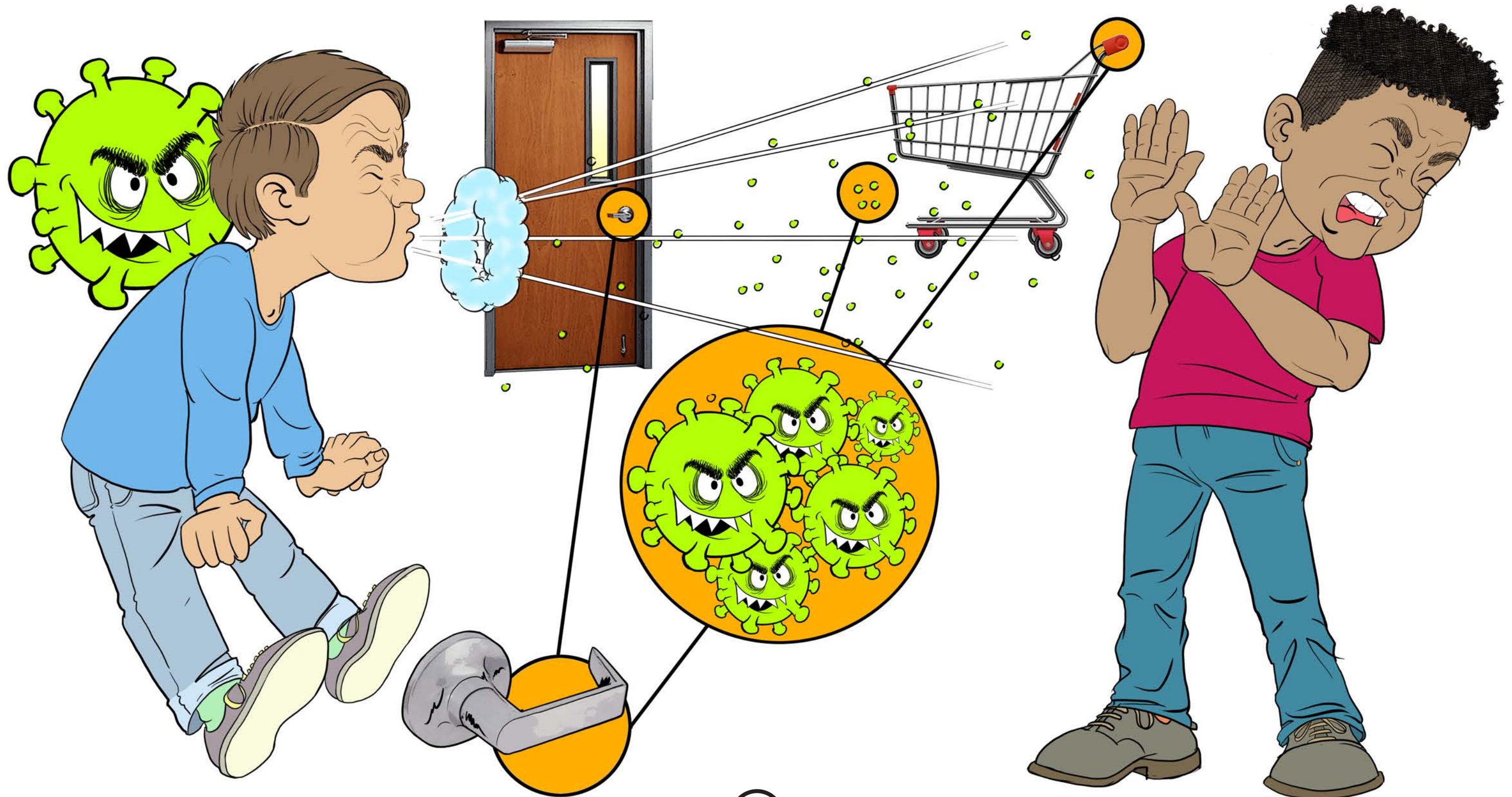
WHAT'S COVID-19 AND THE VIRUS THAT CAUSES IT?



COVID-19 is caused by a virus:

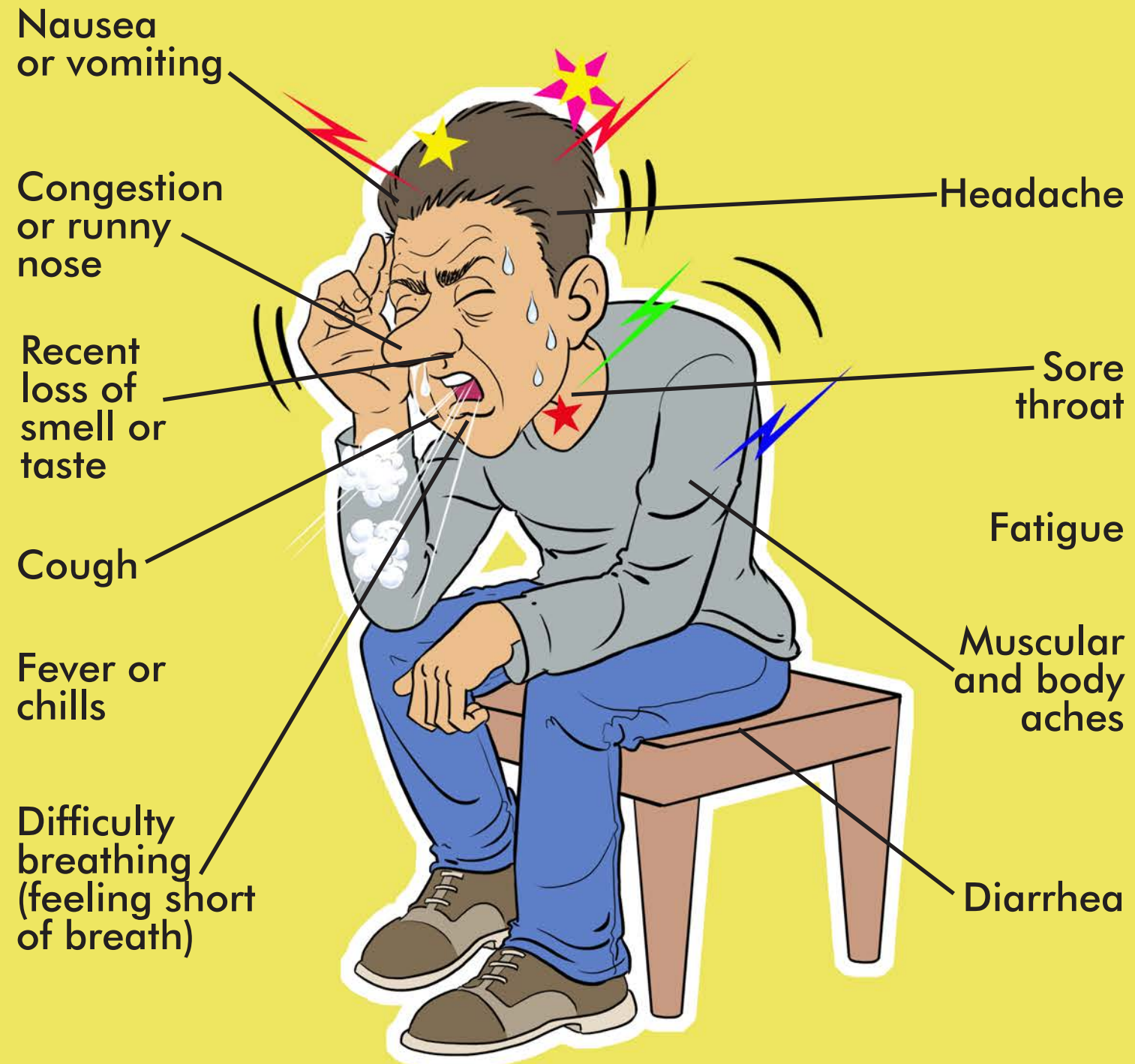
-  The virus is called SaR-CoV-2 and the disease is COVID-19.
-  It is a virus in the CORONAVIRUS family that causes respiratory disease.
-  Emerged in 2020. There is no cure, for the moment, but there is treatment.
-  We transmit it when speaking, breathing, shouting, or sneezing.

HOW IS THE CORONAVIRUS TRANSMITTED?

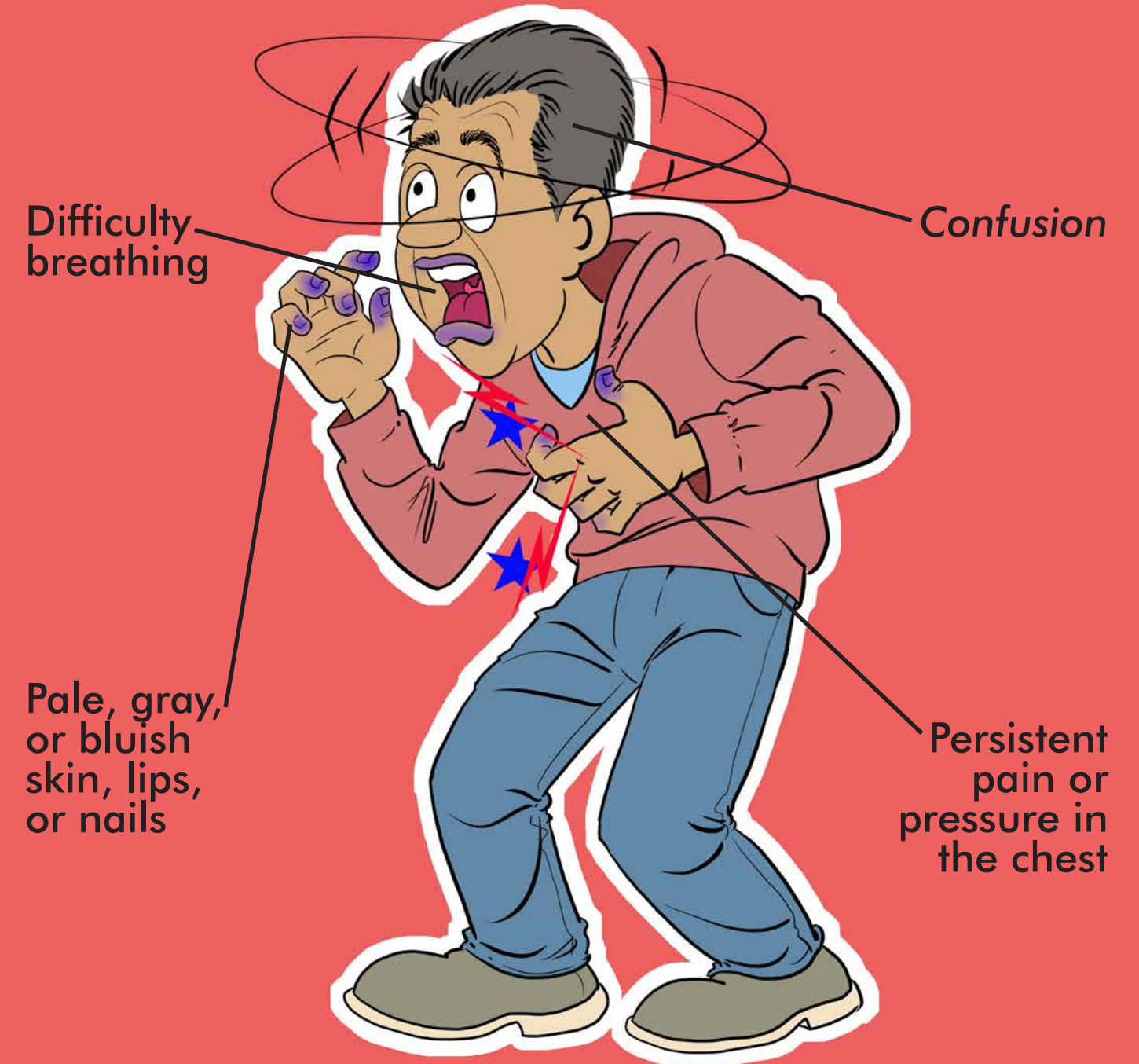


WHAT ARE COVID-19 SYMPTOMS?

We can expect:



We must go to the hospital if there is:

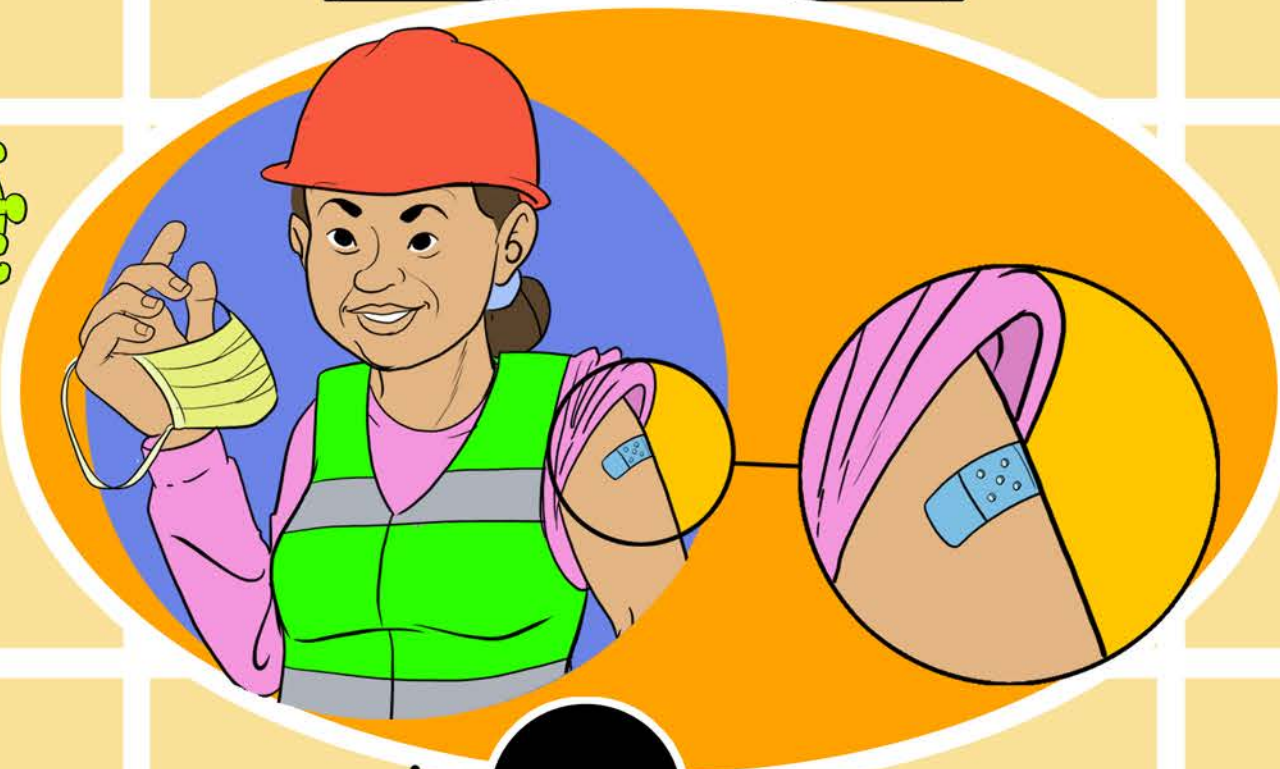
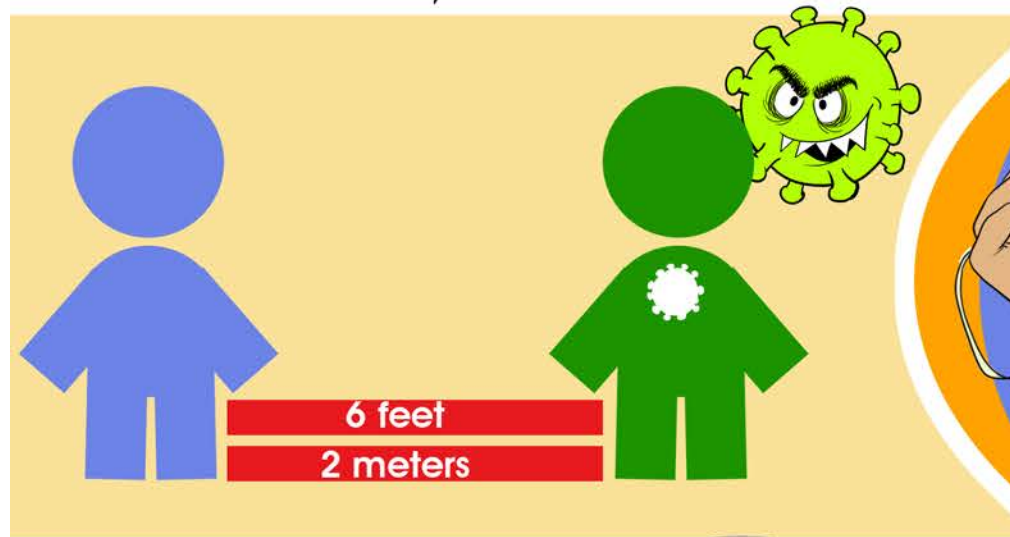
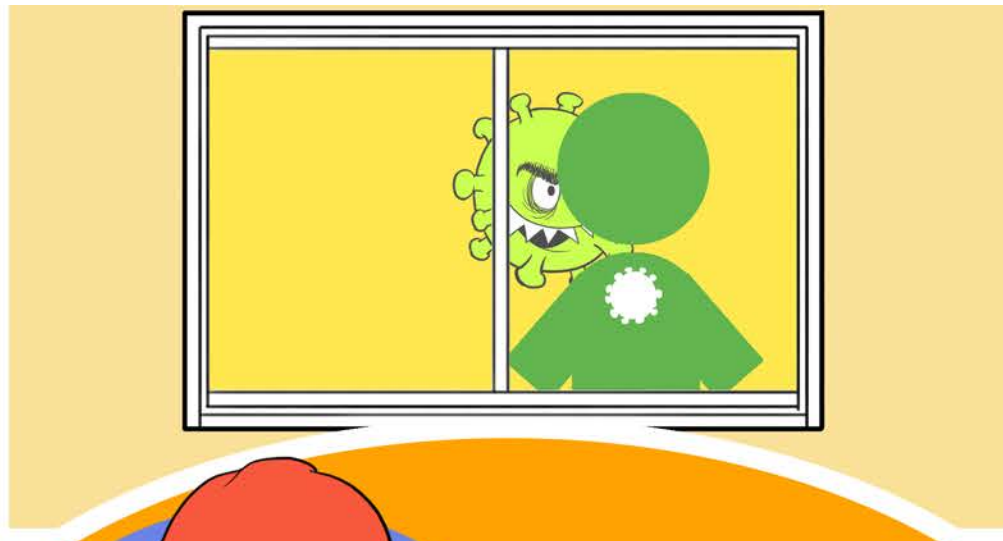
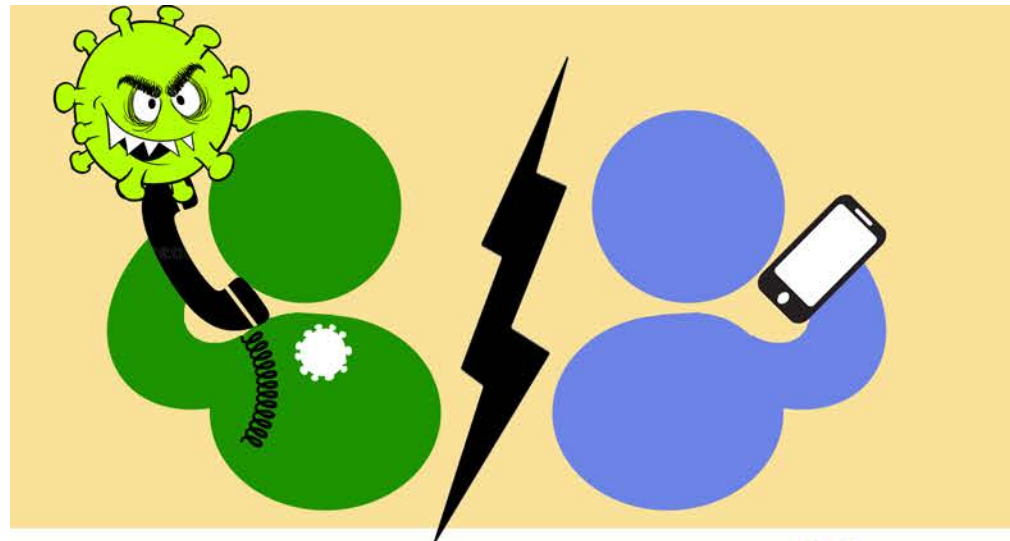


Unable to wake up or to stay awake

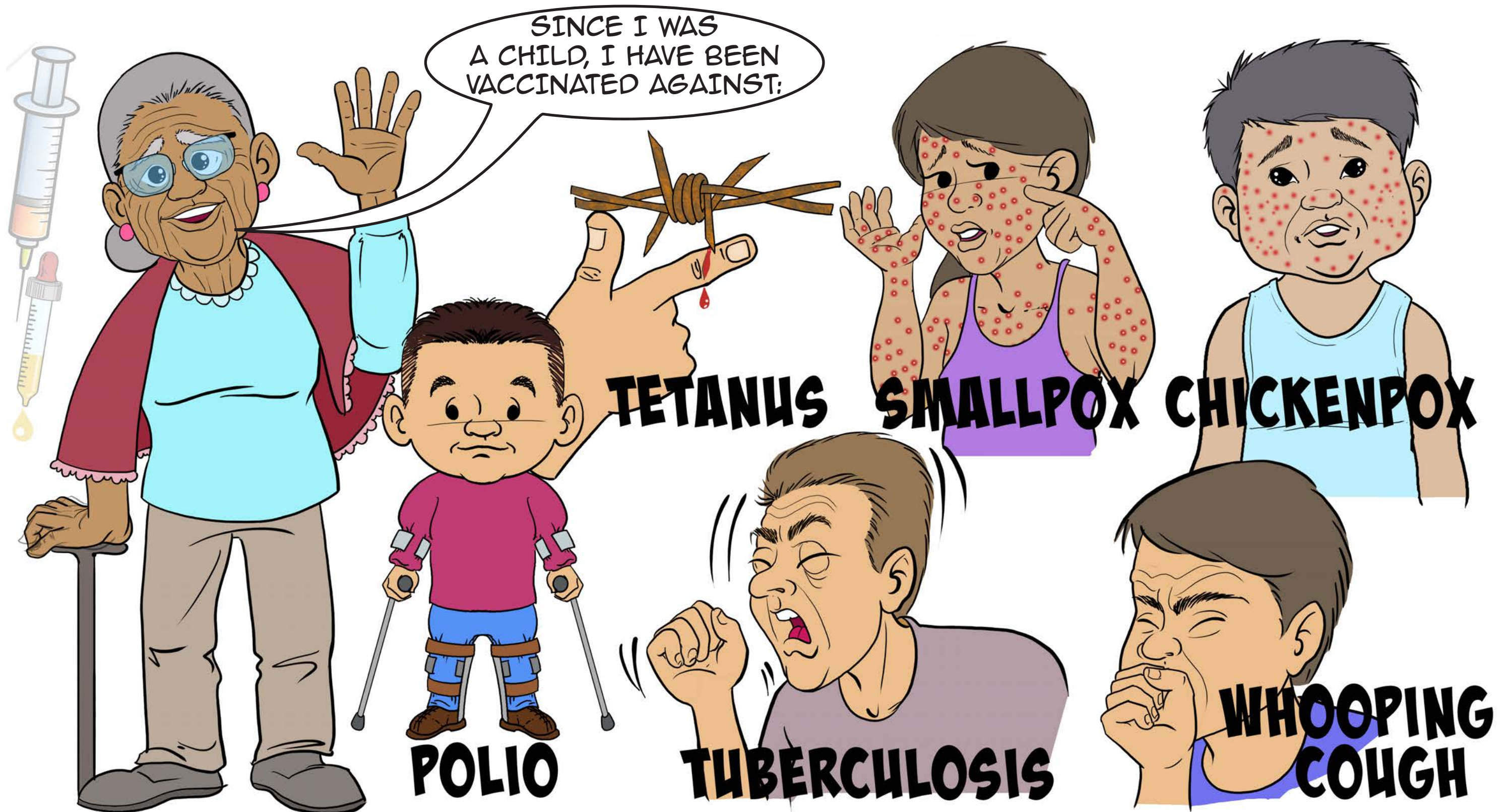
WHO SHOULD TAKE EXTRA CARE?



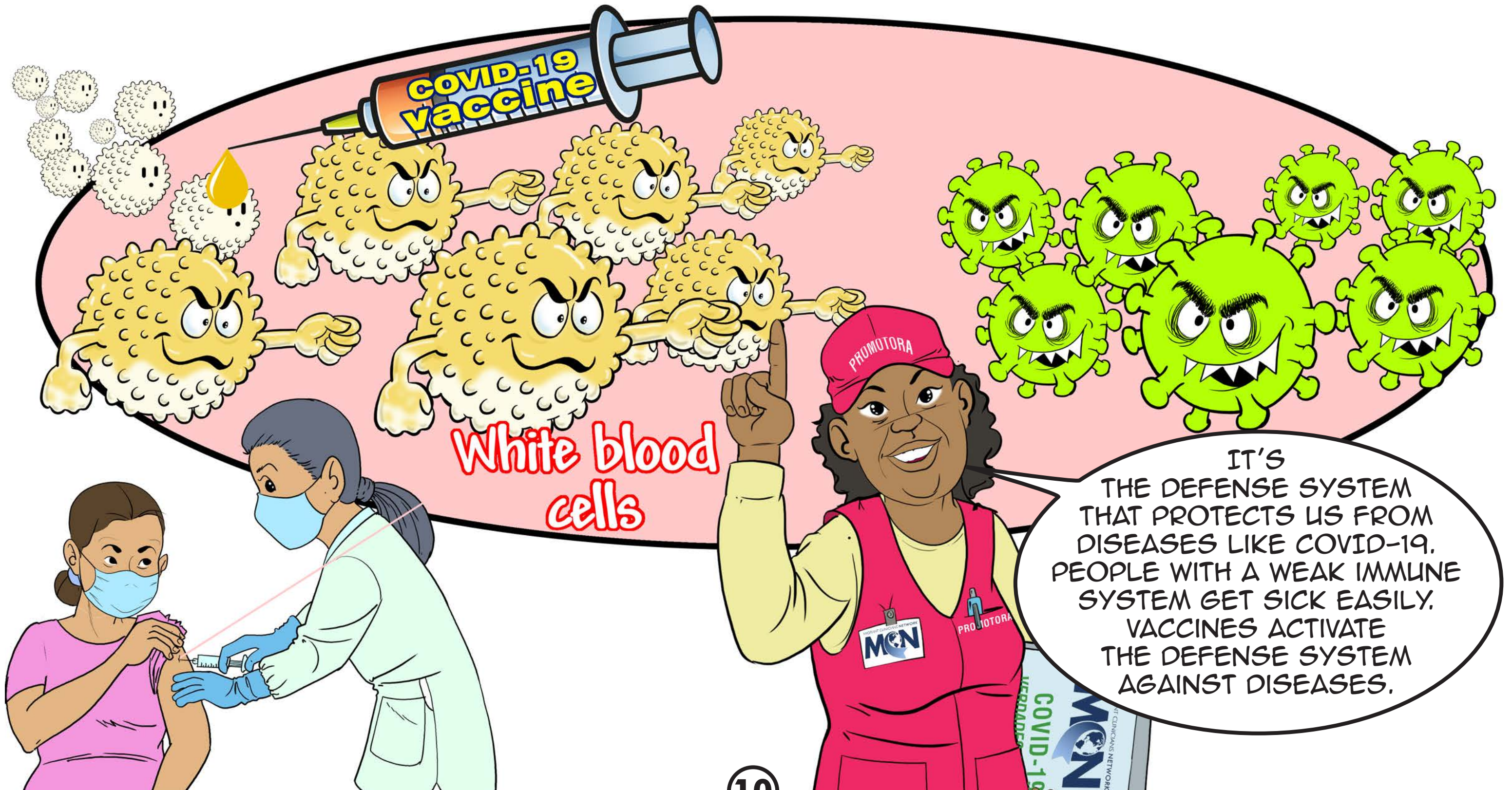
HOW DO WE PROTECT OURSELVES?



WHAT ARE VACCINES AND HOW DO THEY PROTECT US?

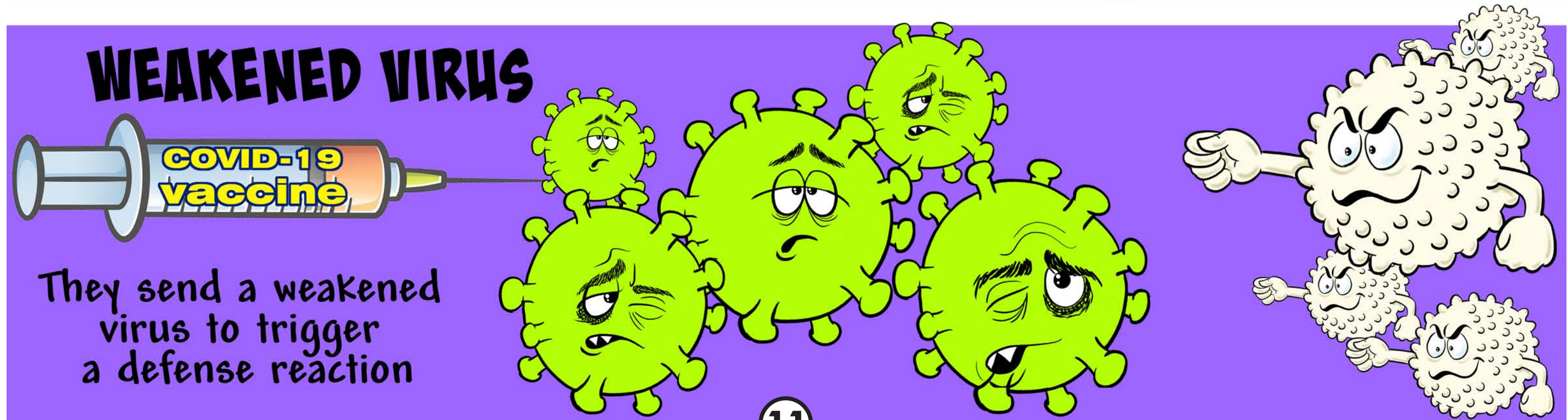
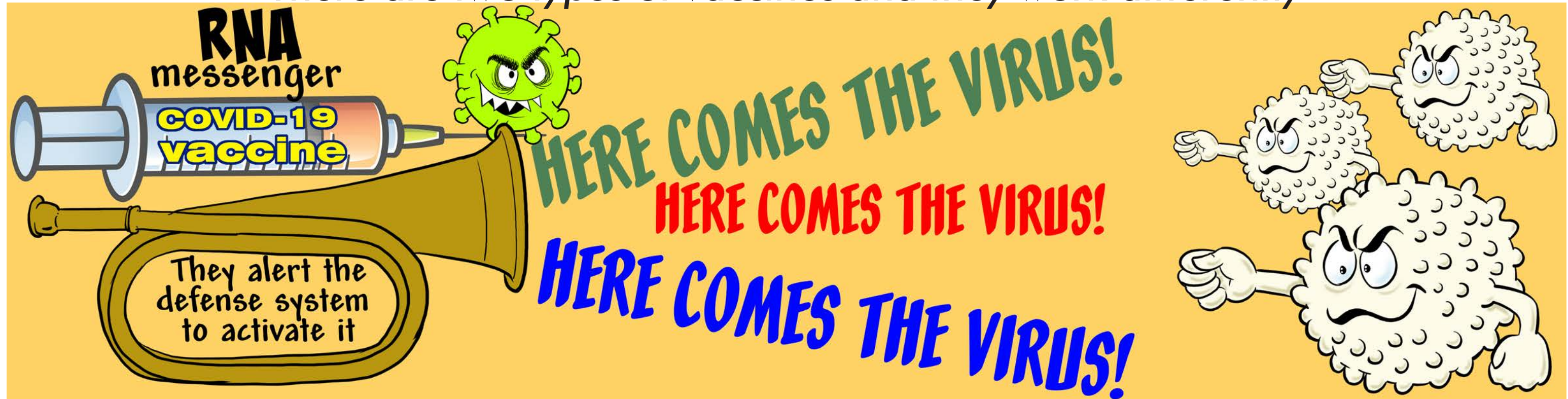


THE IMMUNE SYSTEM AND VACCINES

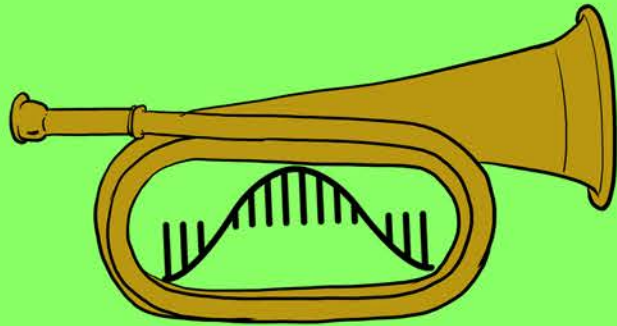


WHAT TYPES OF COVID-19 VACCINES ARE AVAILABLE?

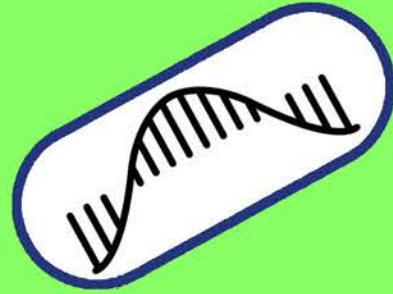
There are two types of vaccines and they work differently



WHAT DO THE mRNA COVID-19 VACCINES CONTAIN?



mRNA (Messenger Ribonucleic Acid)

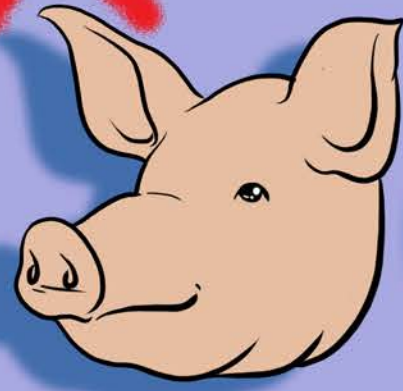


A fatty coating layer to protect the mRNA

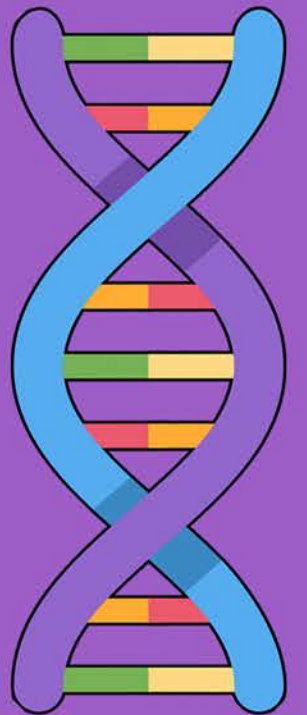
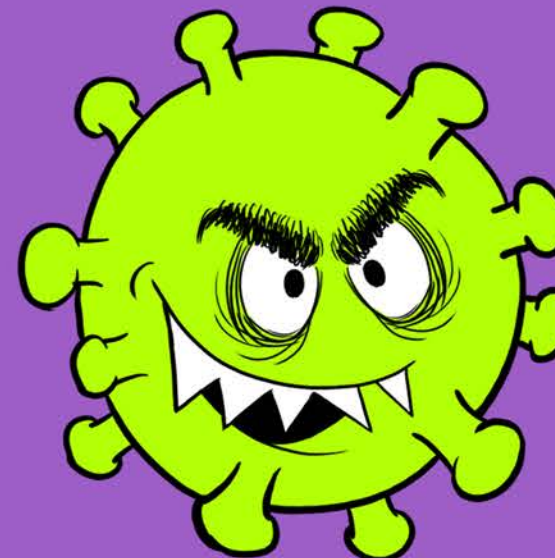


A combination of water, sugars, salts, and PEG (polyethylene glycol) a substance that transports other ingredients

THE VACCINES DO NOT HAVE:



Preservatives, blood products, fetal cells, pork or egg products



The mRNA cannot change DNA in any way or form

IN APRIL 2023,
THE GOVERNMENT AUTHORIZED
THE USE OF BIVALENT VACCINES
FOR PEOPLE OLDER THAN
6 MONTHS, THE CURRENT
RECOMMENDATIONS ARE...



THE UPDATED COVID-19 VACCINE CAN BE GIVEN TO

VACCINES AND DOSES



People 65 and older
+ 1 bivalent booster

1 dose of the updated vaccine
4 months after first dose, optional



People with
weakened immune systems
+ 1 bivalent booster

1 dose of the updated vaccine
2 months after first dose, optional
Additional updated doses as needed



Unvaccinated

1 dose of the updated vaccine



Primary Series
+ No Bivalent Booster

1 dose of the updated vaccine



Primary Series
+ 1 Bivalent Booster

Not eligible for an additional dose



Unvaccinated Children
6 months – 5 years


2 doses of the Moderna updated vaccine
or
3 doses of the Pfizer-BioNTech
updated vaccine



Vaccinated Children
6 months – 5 years

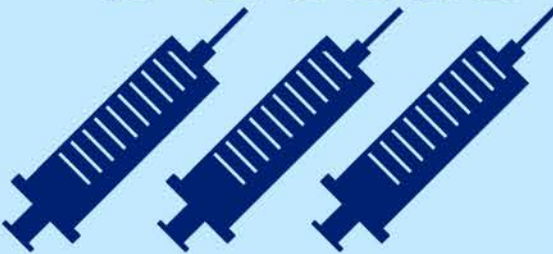
The number of doses of the updated
vaccine depends on the brand and the
child's vaccination history

VACCINES IN CHILDREN UNDER 5 YEARS



From 6 months to 4 years old

3 Doses



1st dose






2nd dose
3 weeks after




CALENDAR						
	1	2	3	4		
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

3rd dose
8 weeks after

CALENDAR						
	1	2	3	4		
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

CALENDAR						
	1					
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

CALENDAR						
	1					
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

moderna

From 6 months to 5 years old

2 Doses



1st dose




2nd dose
3 weeks after




CALENDAR						
	1	2	3	4		
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

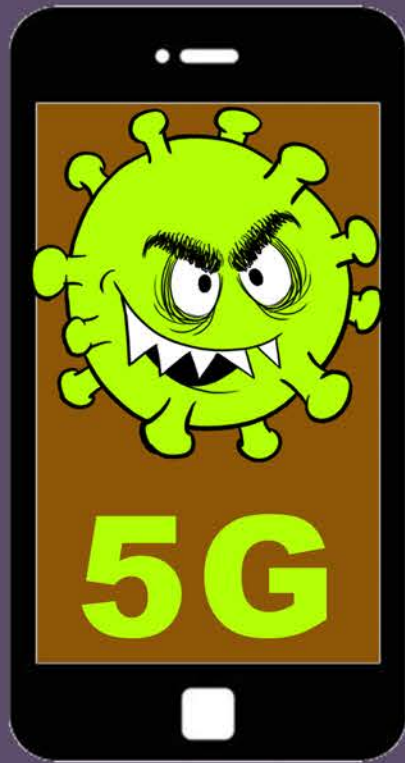
REMEMBER,
THAT IT IS VERY IMPORTANT
TO PROTECT CHILDREN



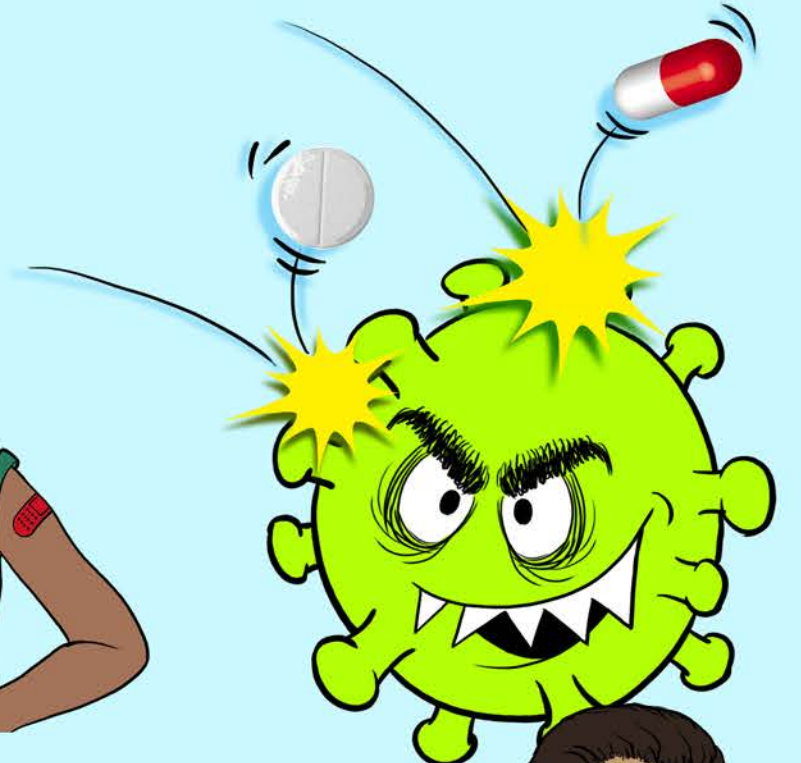
VACCINES AND COVID-19, MYTHS AND FACTS

Many things are said about the vaccine


FALSE



TRUE



WHAT CAN WE EXPECT WHEN WE GET VACCINATED?



What can we expect when we get vaccinated?

You can have pain in your arm, a headache, fever, or chills.

After a few days, the symptoms will disappear, and you will feel better.

¿Qué saber sobre la vacuna contra COVID-19!

COVID-19
¡Es importante vacunarse, aunque ya haya tenido COVID-19!

Es gratis para todos, incluyendo a los inmigrantes. No se requieren documentos de identificación.

Hay varias vacunas. Todas requieren dos dosis. Todas son seguras y eficaces.

Después de vacunarse puede tener dolor de brazo, dolor de cabeza, fiebre o escalofríos.

Se sentirá mejor después de unos días.

Pasarán varias semanas antes de que la vacuna le proteja completamente.

Debe seguir usando mascarillas, lavarse las manos y mantener distancia.

MCN
¡Haga una cita para VACUNARSE!

¡Felicidades, ya tiene su parte para mantenerse a usted y a los demás a salvo!

Head Start Project

VACUNACIÓN ES PROTECCIÓN

¡Vacúnate contra COVID-19!

www.cdc.gov

Wash YOUR HANDS!

Hands that look clean can still have icy germs!

Wet
Get Soap
Scrub
Rinse
Dry

www.cdc.gov/handwashing

THE COVID-19 VACCINE HELPS PROTECT YOU & YOUR FAMILY.

A safe and effective vaccine to protect against COVID-19 is now available.

www.cdc.gov

COVID 19 NATIONAL INSTITUTES OF HEALTH
STOP THE SPREAD OF GERMS

FOR EVERYONE'S HEALTH AND SAFETY
PLEASE KEEP YOUR PHYSICAL DISTANCE

Physical distancing means 6 FEET APART from others

www.cdc.gov/COVID19

WHAT DOES THE END OF THE COVID-19 HEALTH EMERGENCY MEAN?

THE NATIONAL COVID-19 EMERGENCY ENDED ON MAY 11. THIS MEANS THAT PROGRAMS AND AID RELATED TO THE PANDEMIC ALSO ENDED.

AND COVID-19 VACCINES, TESTS, AND TREATMENTS ARE NO LONGER FREE.

BUT VACCINES ARE STILL NECESSARY AND VITAL

How to prepare?

If you have NOT been vaccinated or got the bivalent, booster, **GET VACCINATED!**

Stay informed of what's happening

To prevent misinformation and myths, verify the information you receive before resharing it

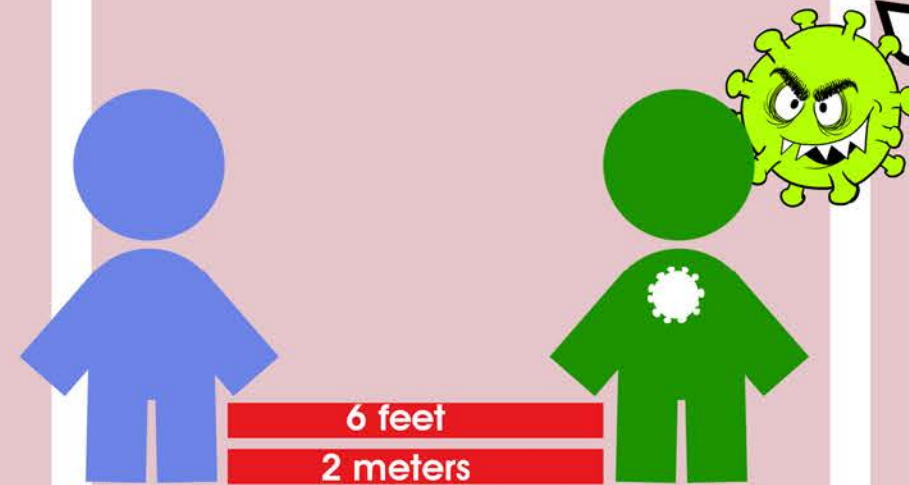


WHAT SHOULD WE DO?

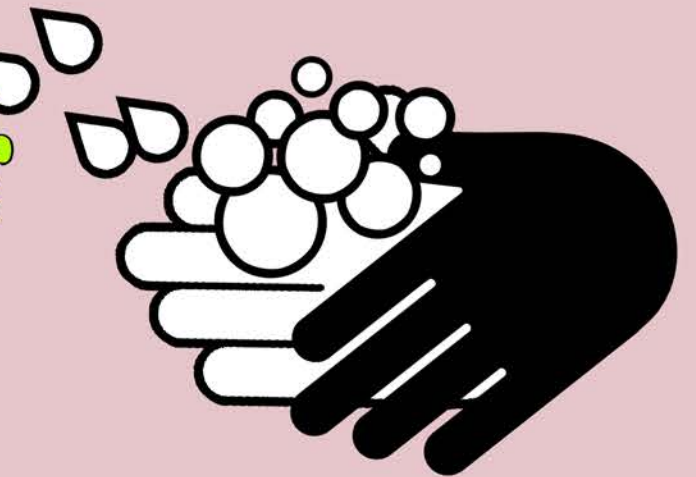
CONTINUE TO
PROTECT OURSELVES



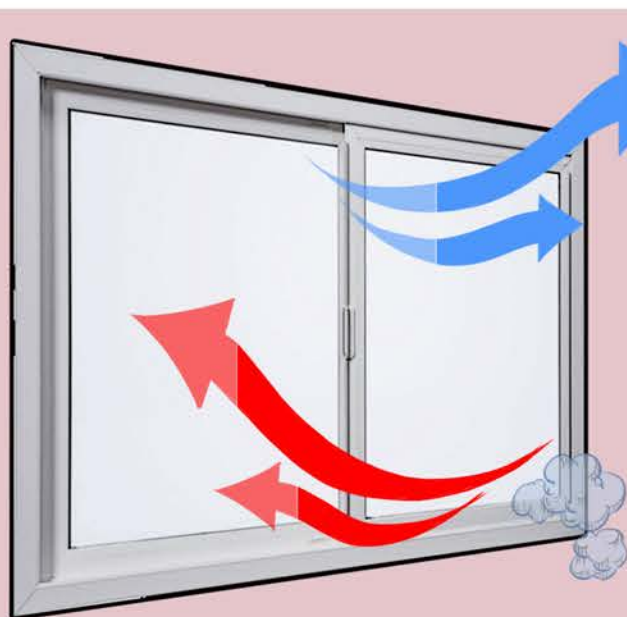
Wear a mask
in closed spaces



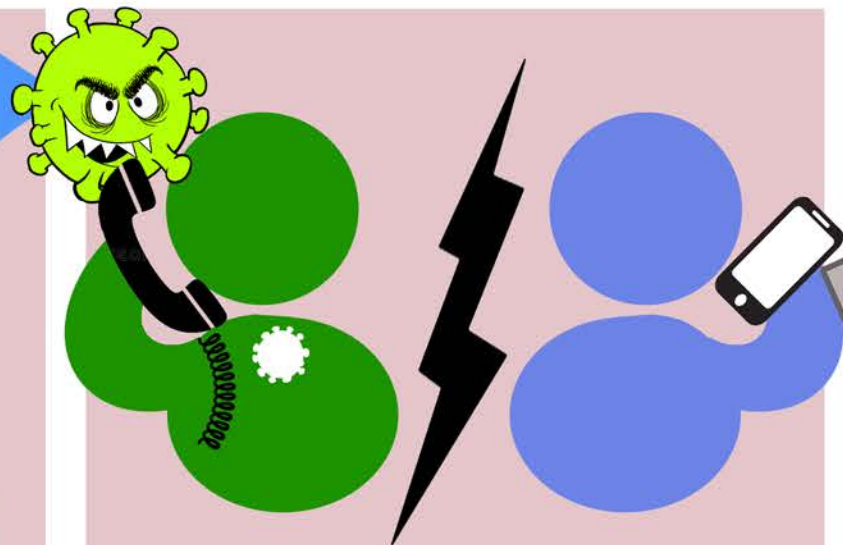
Maintain
social distance



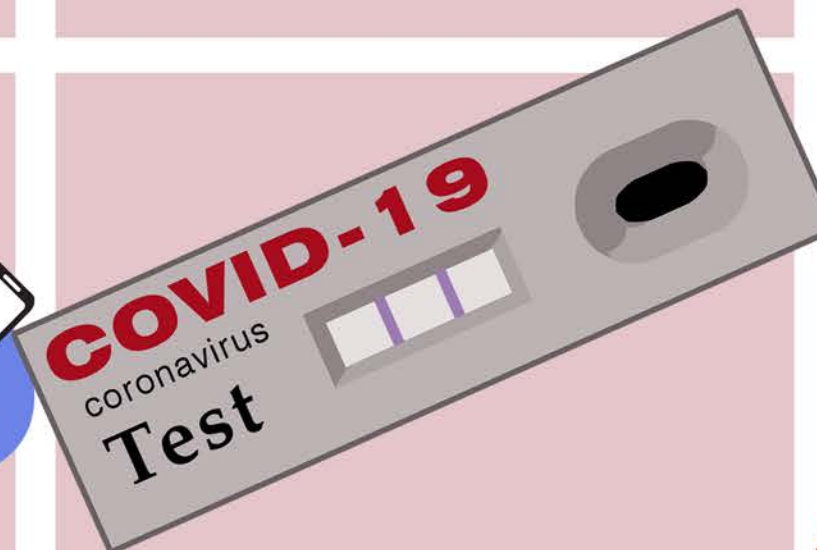
Wash your hands



Improve ventilation



Avoid contact with
infected people



Take a COVID-19 test
at home if you have
symptoms or were
exposed



Know your rights in
relation to COVID-19
at work

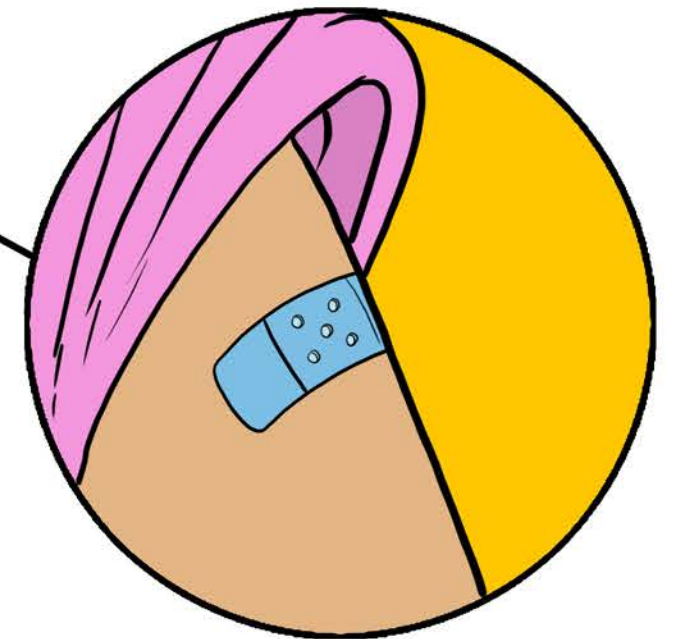
WE HAVE ALREADY BEEN VACCINATED, DO WE STILL NEED TO PROTECT OURSELVES?

YES, YOU STILL HAVE TO PROTECT YOURSELF.

WHEN WE PROTECT OURSELVES, WE TAKE CARE OF OTHERS. THE VIRUS KEEPS CHANGING AND WE NEED BOOSTER DOSES. EVEN IF WE ARE VACCINATED, THERE ARE STILL RISKS.



Booster



WHAT OTHER RISKS SHOULD WE CONSIDER?

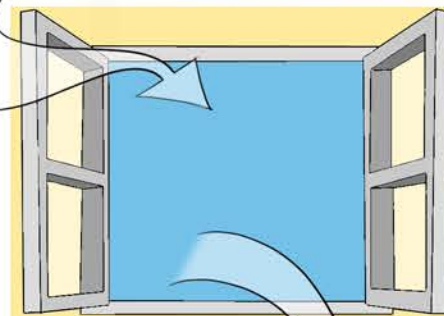
Ask yourself:



What is the level of transmission in the area where I live?



Is it ventilated?



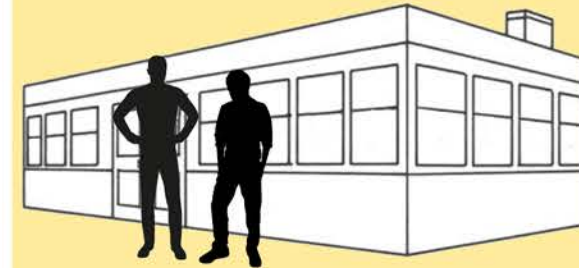
Am I sick or do I have a condition that would make it easier for me to get sick?



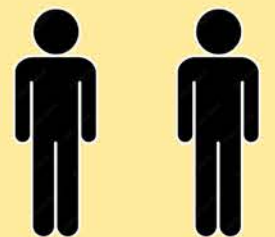
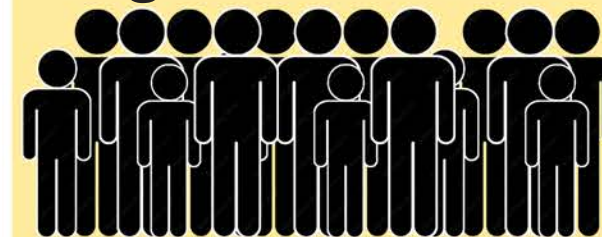
Which vaccines do I have?



Will I be inside or outside?



How many people will be gathered?



Is there a person who is sick in the group?

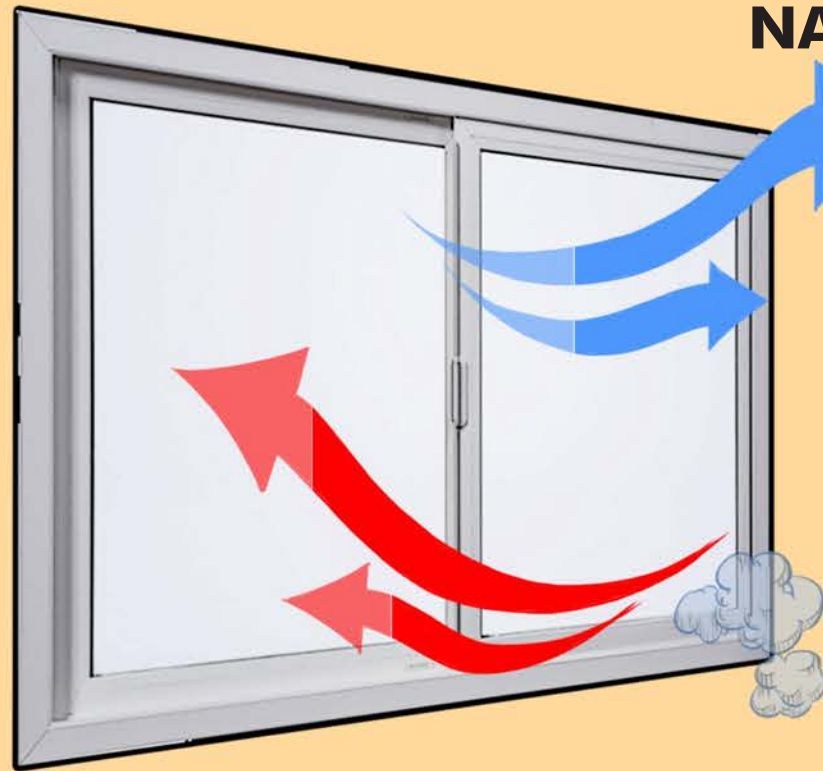


What kind of work do I do?



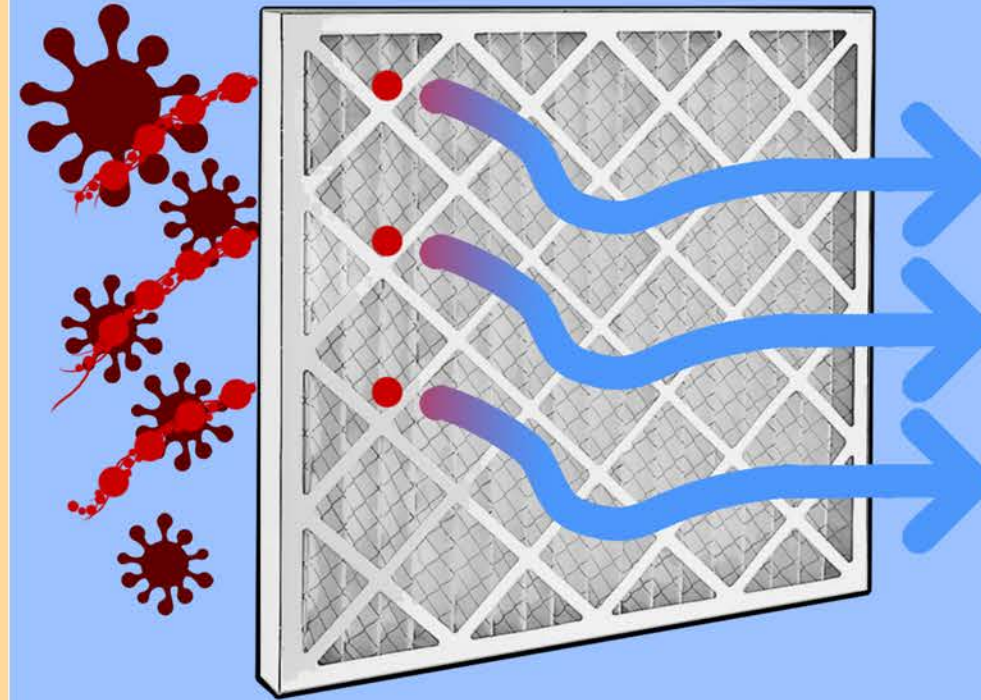
VENTILATION IS VERY IMPORTANT

NATURAL VENTILATION



Open doors and windows. Use fans directed at windows.

INSTALLATION OR IMPROVEMENT OF FILTERS



Filters capture more contaminated particles.

USE AIR PURIFIERS



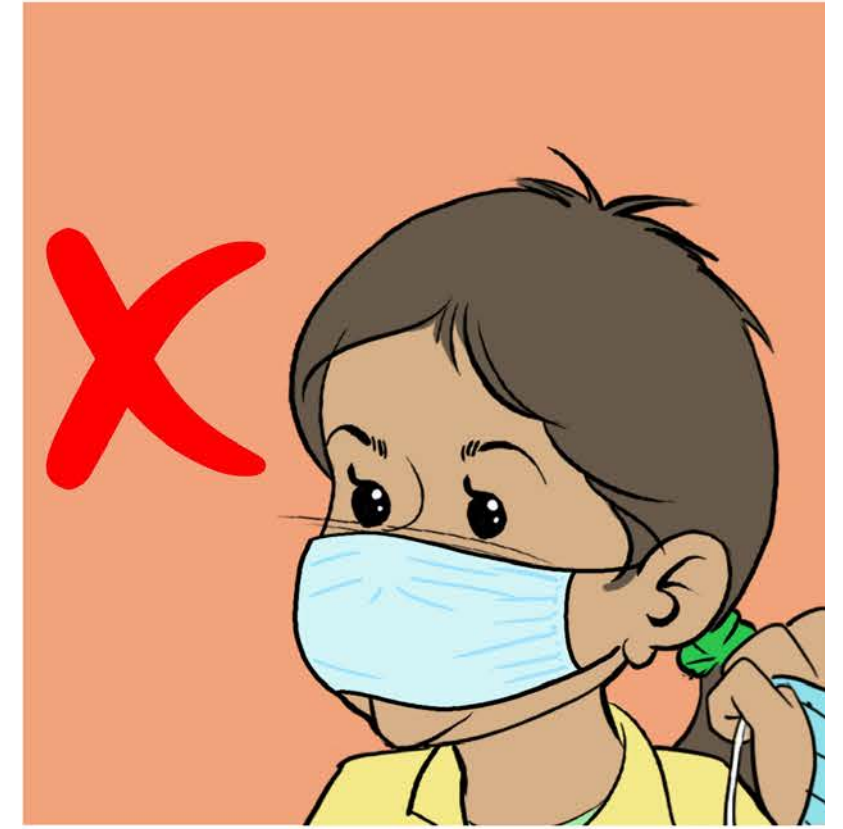
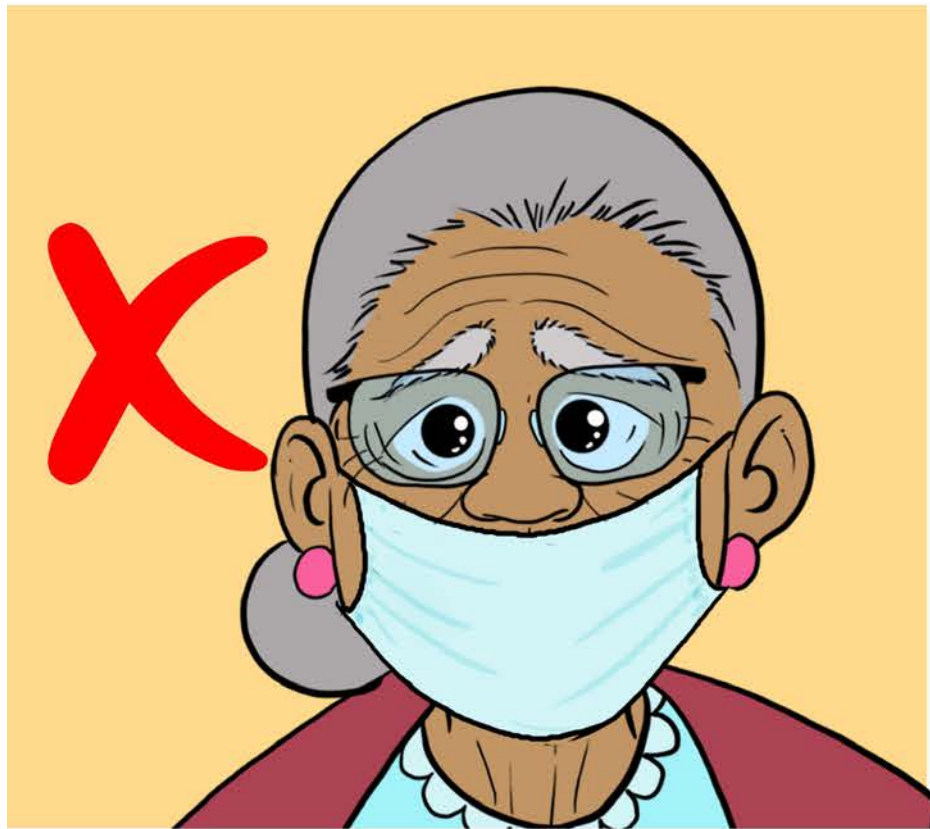
High-efficiency filters (HEPA) capture contaminated particles.

ADJUST

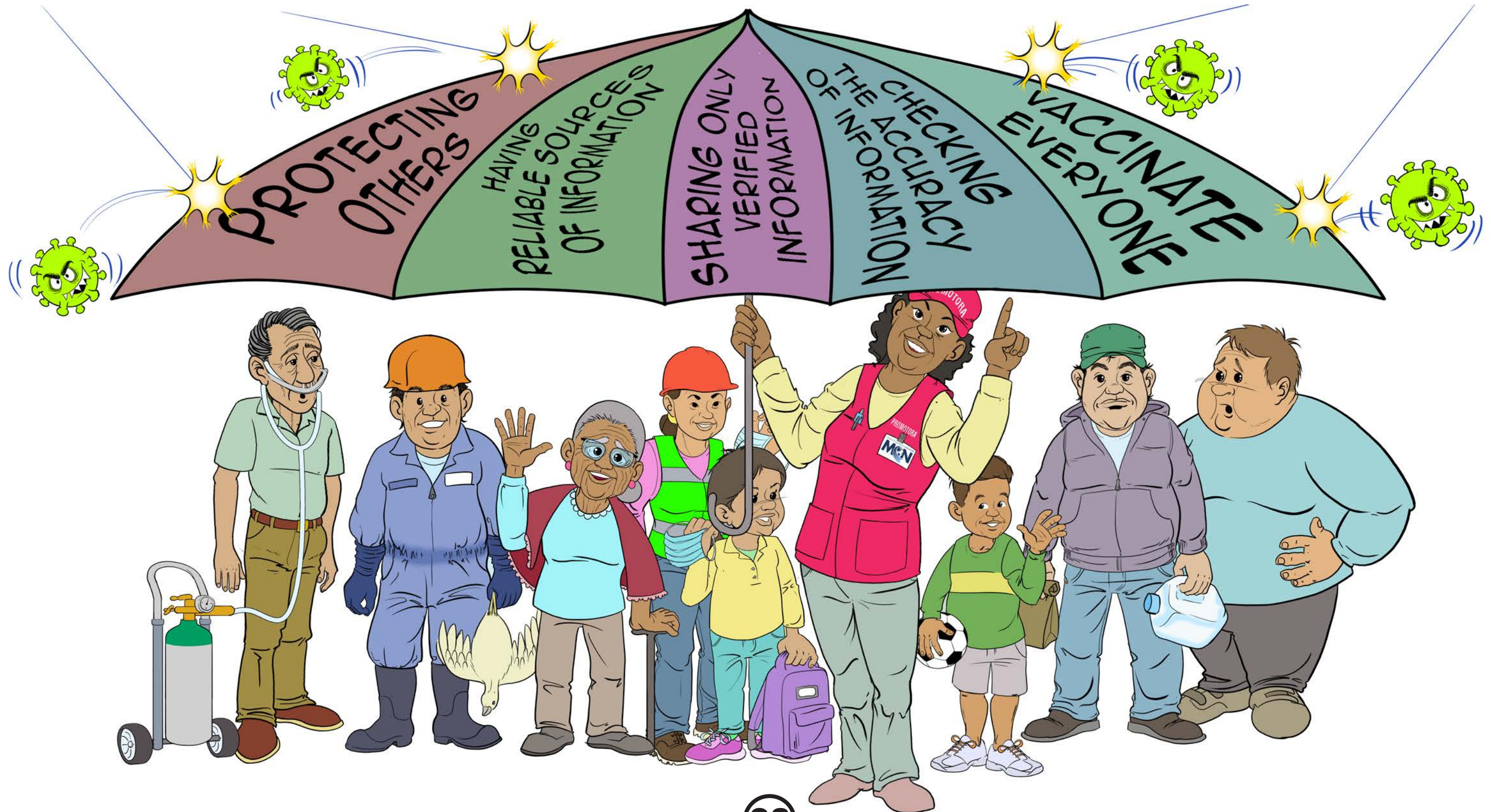


Air conditioners (AC), heating and cooling systems.

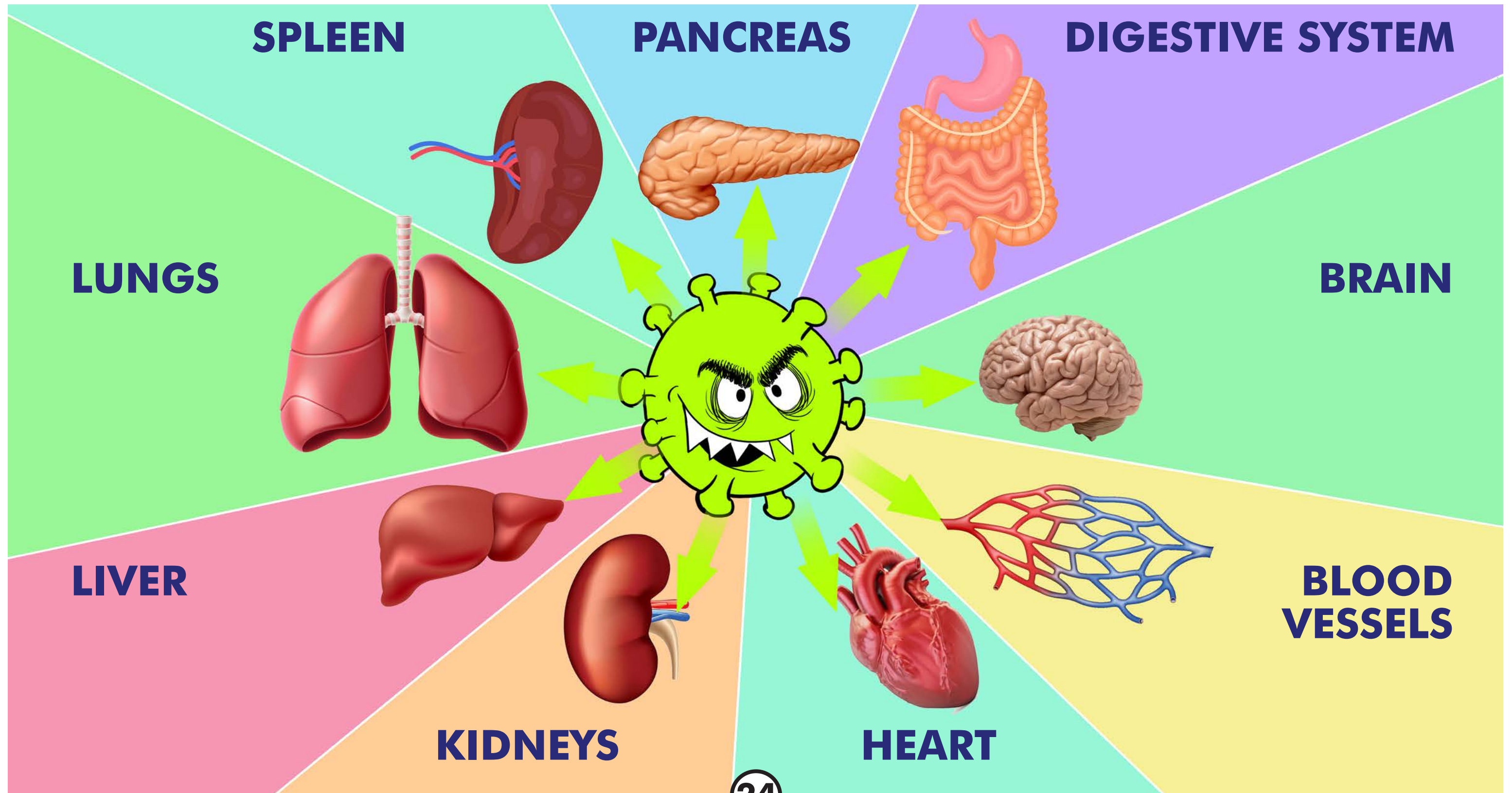
HOW DO WE USE FACE MASKS CORRECTLY?



HOW CAN WE FIGHT AGAINST THE VIRUS?



WHAT IS PERSISTENT OR LONG COVID-19?



CAN WE STILL BECOME SICK WITH COVID-19 ONCE WE ARE VACCINATED?



YES, WE CAN ALL
GET SICK EVEN IF WE
ARE VACCINATED.



THE VACCINE
PROTECT US FROM:

- ✓ BECOMING SERIOUSLY ILL
- ✓ BEING HOSPITALIZED
- ✓ DYING FROM COVID-19
- ✓ HAVING LONG COVID-19

WE HAVE TO LEARN TO LIVE
WITH THIS VIRUS. ALTHOUGH
IT IS NO LONGER AN
EMERGENCY, THE VIRUS IS
STILL WITH US.

COVID-19: HOW HAS IT AFFECTED US?

