ADULTS GET VACCINATED TOO!

VACCINATIONS

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 the MCN and may not represent the official views of NACHC.

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FREE DISTRIBUTION MARCH 2024
In a field not too far away, it is tomato harvest season and the workers are about to finish their work day....

Geesh, it's so hot today! Right, man?

For sure. Good thing we're leaving soon.

Whew! I can't stand this shirt anymore, I'm taking it off. We're almost done anyway.

What are you thinking, man?!
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
- Thirst
- Dizziness
- Weakness
- Heat exhaustion
- Heat stress
- Heat stroke
- Dizziness
- Confusion and delirium
- Death

**How to Prevent It**

**Water**

- Take care of each other through a buddy system

**Rest**

- Acclimatization to heat and work

**Shade**

- Suitable clothing
- Light-colored cotton clothing
- Hat/cap
- Long sleeves
- Gloves
- Long pants
- Boots/shoes

**Heat Exhaustion**

- >37°C/98.6°F
  - Fever
  - Cramps
  - Irritability

**Heat Stress**

- >37.5°C/100°F
  - Dizziness
  - Confusion and delirium
  - Death

**Heat Stroke**

- >40°C/104°F
  - Coma
  - Body sagging
  - Unconsciousness
  - Death

**Nausea/Vomiting**

- Sweating a lot
- Thirst

**Headache**

- Headache

**Confusion** and delirium

- Confusion and delirium

**Death**

- Death

**Cramps**

- Cramps

**Seizures**

- Seizures

**Rapid Breathing and Quick Heart Beat**

- Rapid breathing and quick heart beat

**Dizziness**

- Dizziness

**Heat Exhaustion**

- >37°C/98.6°F

**Heat Stress**

- >37.5°C/100°F

**Heat Stroke**

- >40°C/104°F

**Weakness**

- Weakness

**Heat Exhaustion**

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**Heat Stroke**

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**Nausea/Vomiting**

- Sweating a lot
- Thirst

**Headache**

- Headache

**Confusion** and delirium

- Confusion and delirium

**Death**

- Death

**Cramps**

- Cramps

**Seizures**

- Seizures

**Rapid Breathing and Quick Heart Beat**

- Rapid breathing and quick heart beat
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.

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.

But how?

Well, by getting vaccinated.

Yes, indeed! Even though we're older, we can still do it!...

Things have changed—most vaccines no longer leave marks or scars!
Vaccines protect us from many diseases that can kill us.

But I thought that vaccines were only for kids, right?

Sure, all children should be vaccinated, but there are vaccines that adults need too. There are vaccines for everyone. If you get vaccinated as a kid, you're even more protected.

Look!

Just like you put on your shirt to protect yourself from the sun,

there are some vaccines that you only need to get once, but there are others that we need to get again when we are adults.

I see!

Just like how we protect ourselves from the sun.

There are some vaccines that you only need to get once, but there are others that we need to get again when we are adults.

You have to get vaccines to protect yourself from getting sick.
VACCINES FOR ADULTS

**DISEASE: HEPATITIS B**

**VACCINE:** HB or HepB

**SYMPTOMS:**
- Nausea and loss of appetite
- Yellow eyes and skin
- Orange or brown urine
- Fever and weakness

**WHEN?**
- Adults: 3 doses
  - wait 1-2 months
  - wait 4-6 months

**WHERE?**
- Arm

**DISEASE: MENINGITIS**

**VACCINE:** Meningococcal

**SYMPTOMS:**
- Fever, severe headache
- Eye pain and sensitivity to bright lights
- Nausea, severe vomiting
- Sleep, confusion
- Stiff neck

**WHEN?**
- 1 dose
  - for young people who share a bedroom

**WHERE?**
- Arm
DISEASE: Varicella (Chicken Pox)

VACCINE: VAR

SYMPTOMS:
Rash that starts on the face, continues the chest, and ends on the arms and legs. When it dries, it leaves very itchy scabs.

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

WHERE?
ARM

DISEASE: Influenza (Flu)

VACCINE: Influenza

SYMPTOMS:
- Cold, fever, headache
- Muscle or body aches
- Fatigue
- Sore throat, cough
- Sometimes there is diarrhea and vomiting

WHEN?
1 dose
once a year in the fall or winter

WHERE?
ARM
PLUS THESE OTHERS:

**DISEASE:** TETANUS

**VACCINE:** Tdap

**SYMPTOMS:**

- Can't walk well
- Jaw, neck and other parts of the body become stiff
- Pain and cramping of the jaw or other parts of the body

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
- Neck swelling
- Bad breath, headache and very sore throat

3 doses if you have never been vaccinated.

**DISEASE:** PERTUSSIS

**SYMPTOMS:**

- Fever and vomiting
- Frequent dry cough
- Cold-like symptoms (cold, runny nose)

ARM
That's true

1 or 2 doses

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

**MEASLES**
- Runny nose / cold / cold-like symptoms or fever
- Diarrhea
- Cough, red rash all over the body
- Painful red dots in the mouth
- Painful red dots in the mouth

**MUMPS**
- Fever
- Pain when opening your mouth or eating
- Swelling under the ears, first on one side and then on the other

**RUBELLA**
- Neck pain and swelling
- White spots in the mouth and then red spots all over the body that last about 5 days
**DISEASE:** COVID-19

**THE UPDATED VACCINE AGAINST COVID-19 IS AVAILABLE**

**SYMPTOMS:**
- Fever
- Headaches
- Difficulty breathing (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

**VACCINE AND DOSAGE**

- **Unvaccinated people**
  - 1 dose of the updated vaccine

- **People already vaccinated**
  - 1 dose of the updated vaccine

- **Adults 65+**
  - 1 additional dose of the updated vaccine in the spring

- **People with a weak immune system**
  - It is possible you qualify. Talk to your healthcare provider.

- **Unvaccinated children from 6 months to 5 years**
  - 2 doses of the updated Moderna vaccine or 3 doses of the updated Pfizer–BioNTech vaccine

- **Children from 6 months to 5 years already vaccinated**
  - The number of doses of the updated vaccine depends on the brand and the child’s vaccination history

**VACCINE:**

- 1 dose of the updated vaccine
- 1 dose of the updated vaccine
- 1 additional dose of the updated vaccine in the spring
- 2 doses of the updated Moderna vaccine or 3 doses of the updated Pfizer–BioNTech vaccine

**THE UPDATED COVID-19 VACCINE AGAINST COVID-19 IS AVAILABLE**

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So, should we get vaccinated?

Yes man, but it's nothing to worry about!

So, should we get vaccinated?

It is a service that is provided in all health centers or clinics.

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.

We have to take better care of ourselves.

We have to take better care of ourselves.

So where can I go to get vaccinated?

Yes man, but it's nothing to worry about!

But I don't know what vaccines I have. Or what vaccines that I need!

Well, they can help us there.

Actually, let's go to the clinic nearby so they can explain it better!

Besides, they say that sometimes you can feel bad after getting vaccinated, what they call side effects...

Hmmm...

I think those side effects are better than getting sick, having to go to the hospital, or dying!

But I don't know what vaccines I have. Or what vaccines that I need!

Well, they can help us there.

Come on, man! You see? Let's go with them too!

While we are there, I can get the next vaccine I need.
LET'S GET VACCINATED!

KNOCK-KNOCK

TO THE CLINIC!

Community Health Clinic

Vaccination Week

Adults get vaccinated too!

And they came to the clinic convinced that adults get vaccinated too!

Nearest Clinic

Address

Phone

Contact Person