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.

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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 and thirst
- Dizziness
- Weakness
- Nausea/vomiting
- Sweating a lot and thirst
- Dizziness
- Rapid breathing and quick heart beat
- Seizures
- Confusion and delirium
- Death

**HEAT EXHAUSTION**

37°C/98.6°F

- Fever
- Cramps
- Irritability
- Dry/red/hot skin without sweating

**HEAT STRESS**

37.7°C/100°F

- Painting
- High fever
- Low blood pressure

**HEAT STROKE**

38°C/100.4°F

- Fever
- Coma
- Body sagging
- Unconsciousness

**HOW TO PREVENT IT**

**WATER**

Take care of each other through a buddy system

**REST**

Acclimatization to heat and work

**SHADE**

Gradually increase working hours and workload

**SUITE CLOTHING**

Suitable clothing

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

Temperature:

- >37°C/98.6°F
- >37.7°C/100°F
- >40°C/104°F

Weakness

Death

Cramps

Seizures
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.

You're right. I'm almost done. This will be the last tomato I pick.

Protection from what?

Protection 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 protect us from many diseases that can kill us.

But I thought 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, you have to get vaccines to protect yourself from getting sick.

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: MENINGOCOCCAL**

**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

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

**WHERE?**
- Arm

**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.

**DISEASE:** Influenza (Flu)

**VACCINE:** Influenza

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

**WHERE?**
- Arm

**SYMPTOMS:**
- Sometimes there is diarrhea and vomiting
- 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
- Jaw, neck, and other parts of the body become stiff
- Pain and cramping of the jaw or other parts of the body

WHEN?
- PLUS THESE OTHERS:

WHERE?
- Arm

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. And for those already vaccinated, a booster every 10 years.

DISEASE: PERTUSSIS

SYMPTOMS:
- Fever and vomiting
- Frequent dry cough
- Cold-like symptoms/cold, runny nose

ARM
**VACCINE:**

**MMR**

**DISEASE:**

**MEASLES**

- Painful red dots in the mouth
- Cough, red rash all over the body
- Diarrhea
- Fever

**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

**WHEN?**

1 or 2 doses

**WHERE?**

Arm

**FOR PEOPLE AGES 11 TO 49 WHO WERE NOT VACCINATED AS CHILDREN:**

- Runny nose / cold / cold-like symptoms or fever
- White spots in the mouth and then red spots all over the body that last about 5 days
THE UPDATED VACCINE AGAINST COVID-19 IS AVAILABLE

**DISEASE:** COVID-19

**SYMPTOMS:**
- Fever
- Headaches
- Difficulty breathing (shortness of breath)
- Chills
- Nausea, vomiting
- Fatigue
- Sore throat
- Diarrhea
- Muscle pain and body aches
- Recent loss of smell or taste
- Stuffy or runny nose

**VACCINE AND DOSAGE:**
- 1 dose of the updated vaccine
- 1 dose of the updated vaccine
- 1 additional dose of the updated vaccine in the spring
- It is possible you qualify. Talk to your healthcare provider.
- 2 doses of the updated Moderna vaccine or 3 doses of the updated Pfizer–BioNTech vaccine
- The number of doses of the updated vaccine depends on the brand and the child’s vaccination history

**VACCINE:** Updated COVID-19 vaccine available

**UNVACCINATED PEOPLE:**
- Unvaccinated people
- People already vaccinated
- Adults 65+
- People with a weak immune system
- Unvaccinated children from 6 months to 5 years
- Children from 6 months to 5 years already vaccinated

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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.

Where can I go to get vaccinated?

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

So where can I go to get vaccinated?

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.

Hmmm... 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!

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!

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