ADULTS GET VACCINATED TOO!

VACCINATIONS

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Technical script: Alma Galván, Deliana García, Migrant Clinicians Network
Art and design: Ricardo Castillo

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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....

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

<table>
<thead>
<tr>
<th>Headache</th>
<th>Nausea/Vomiting</th>
<th>Sweating a lot and thirst</th>
<th>Dizziness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever</td>
<td>Cramps</td>
<td>Irritability</td>
<td></td>
</tr>
<tr>
<td>Weakness</td>
<td>Dry/red/hot skin without sweating</td>
<td></td>
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<tr>
<td>Heat exhaustion</td>
<td>Heat stress</td>
<td>Heat stroke</td>
<td></td>
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<tr>
<td>Rapid breathing and quick heartbeat</td>
<td>Confusion and delirium</td>
<td>Seizures</td>
<td>Death</td>
</tr>
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<td>Nausea/Vomiting</td>
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</tr>
<tr>
<td>Fever</td>
<td>Coma</td>
<td>Low blood pressure</td>
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<tr>
<td>High fever</td>
<td>Dry/red/hot skin without sweating</td>
<td>Boy saging</td>
<td>Unconsciousness</td>
</tr>
<tr>
<td>Low body weight</td>
<td>Dizziness</td>
<td>Cramps</td>
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</tr>
</tbody>
</table>

HOW TO PREVENT IT

WATER

Rest

Take care of each other through a buddy system

Shade

Suitable clothing

Gradually increase working hours and workload

Gradually increase working hours and workload

Working hours

On the Wed Thu Fri

Water

Rest

Shade

Suitable clothing

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.

Protection from what?

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

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.

I see!
**VACCINES FOR ADULTS**

**DISEASE: HEPATITIS B**

**VACCINE:** HB or HepB

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

**WHEN?**
- Adults 3 doses
- 1-2 months
- 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

**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:** Cold, fever, headache

Sometimes there is diarrhea and vomiting

Muscle or body aches

Fatigue

Sore throat, cough
DISEASE: **TETANUS**

**VACCINE:** Tdap

**SYMPTOMS:**
- Can’t walk well
- Difficult swallowing
- Jaw, neck and other parts of the body become stiff
- Pain and cramping of the jaw or other parts of the body

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

**WHERE?**
- Arm

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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**

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DISEASE: **PERTUSSIS**

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

**ARM**
**DISEASE:** MEASLES

**SYMPTOMS:**
- Painful red dots in the mouth
- Pain when opening your mouth or eating
- Neck pain and swelling
- White spots in the mouth and then red spots all over the body that last about 5 days

**VACCINE:** MMR

**WHEN?**
- 1 or 2 doses

**WHERE?**
- Arm

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

**DISEASE:** MUMPS

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

**DISEASE:** RUBELLA

**SYMPTOMS:**
- Runny nose / cold / cold-like symptoms or fever
- Diarrhea
- Cough, red rash all over the body

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

**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

**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

The UPDATED VACCINE AGAINST COVID-19 IS AVAILABLE

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Children from 6 months to 5 years already vaccinated

Unvaccinated children from 6 months to 5 years

People already vaccinated

Adults 65+

People with a weak immune system

Unvaccinated people

Adults 65+

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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.

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...

Hmmm... I think those side effects are better than getting sick, having to go to 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!