

# ADULTS GET VACCINATED TOO!

## VACCINATIONS

and COVID Variants



appear not as severe as  
the severe illness and death,  
e.

Unvaccinated  
people  
more  
likely  
to  
sick

near you:



## COMMUNITY HEALTH CLINIC



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.



NATIONAL ASSOCIATION OF  
Community Health Centers

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

October 2025



FREE DISTRIBUTION



**I**N A FIELD NOT TOO FAR AWAY, IT IS TOMATO HARVEST SEASON AND THE WORKERS ARE ABOUT TO FINISH THEIR WORK DAY....







# 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

### HEAT STROKE

>40°C / >104°F

- FEVER
- COMA
- BODY SAGGING
- UNCONSCIOUSNESS



DRY/RED/HOT SKIN  
WITHOUT SWEATING



CRAMPS



SEIZURES



CONFUSION  
AND DELIRIUM



DEATH

## HOW TO PREVENT IT

### WATER



TAKE CARE OF EACH OTHER  
THROUGH A BUDDY SYSTEM

### REST



SHADE

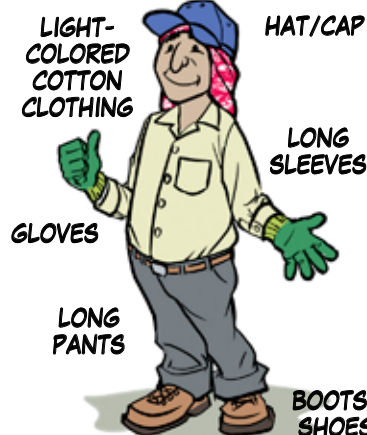
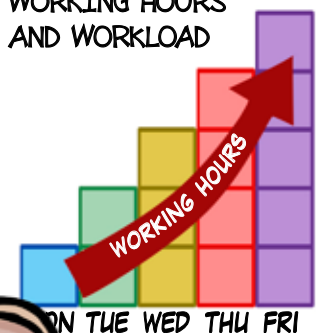


ACCLIMATIZATION TO  
HEAT AND WORK

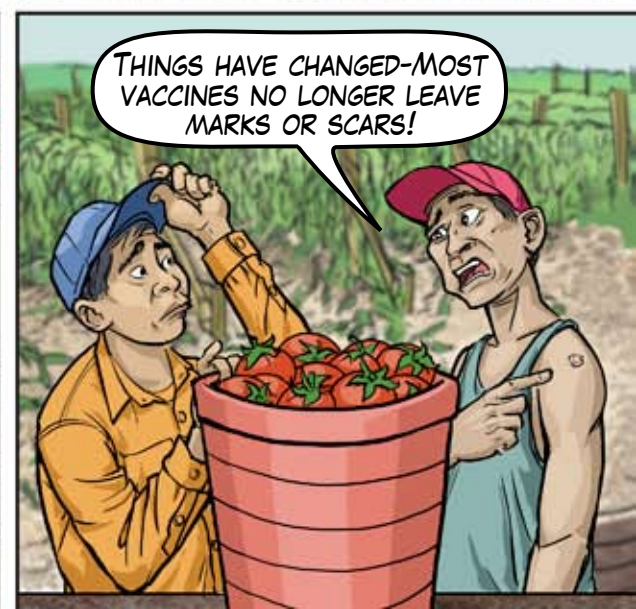
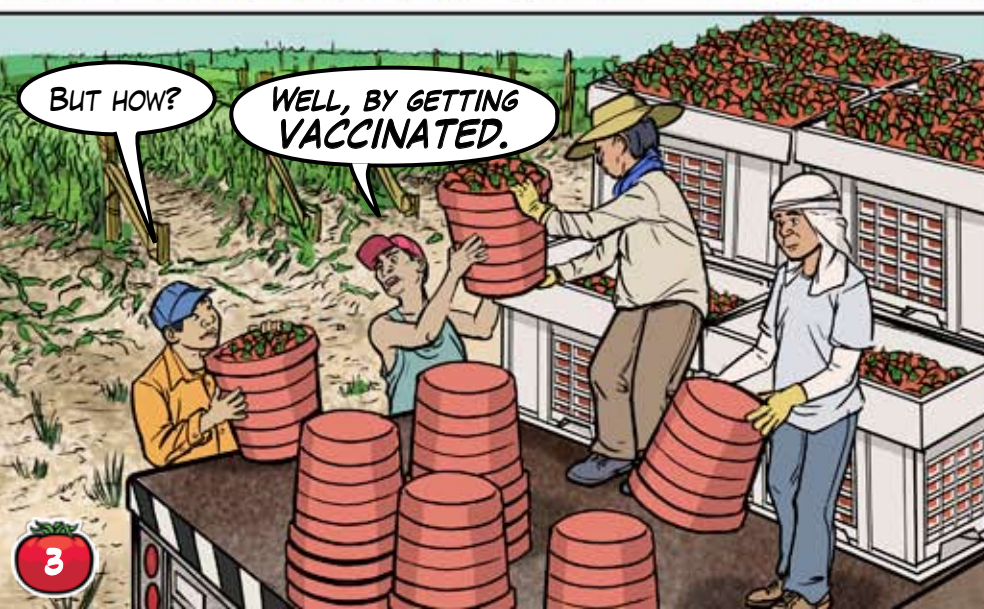


SUITABLE CLOTHING

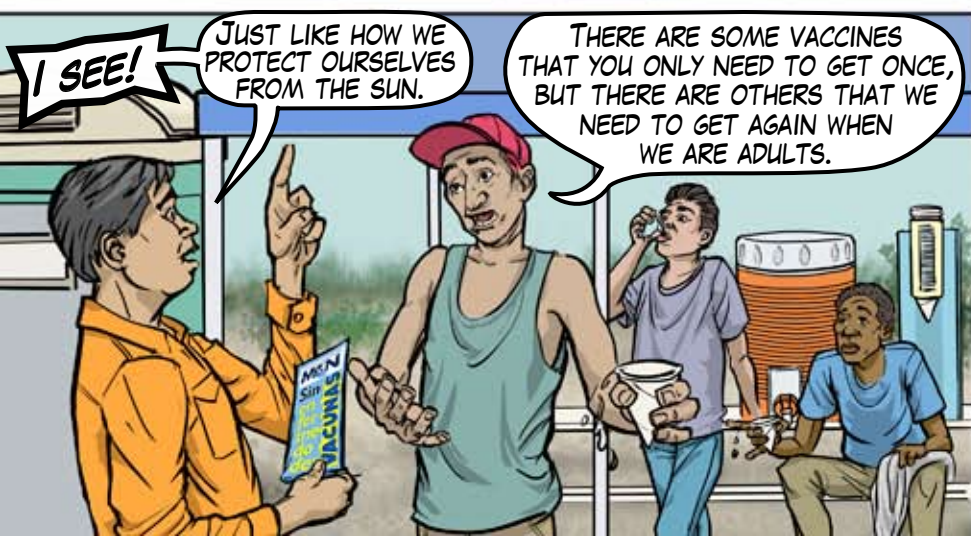
GRADUALLY INCREASE  
WORKING HOURS  
AND WORKLOAD















# VACCINES FOR ADULTS

**VACCINE:** **HB or HepB**

**DISEASE:**  
**HEPATITIS B**

**SYMPTOMS:**

**WHEN?**

**ADULTS** **3** doses

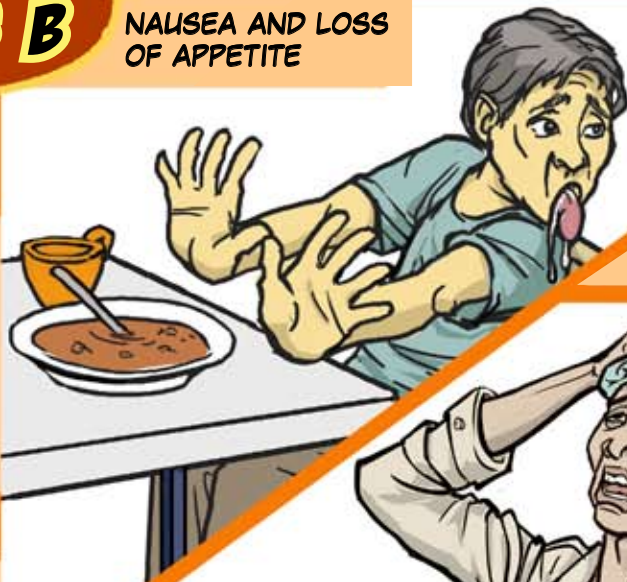
wait 1-2 months

wait 4-6 months

**WHERE?**

**ARM**

NAUSEA AND LOSS OF APPETITE



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**



OH WOW! ....I REMEMBER



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



FATIGUE




SORE THROAT, COUGH

SOMETIMES THERE IS DIARRHEA AND VOMITING







**PLUS THESE OTHERS:**


**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


**DISEASE:**

**DIPHTHERIA**


**SYMPTOMS:**




RUNNY NOSE, FEVER




GRAY SPOTS ON THE THROAT



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

**WHERE?**



ARM



7



# MMR

# MEASLES



A cartoon illustration of a man with a severe allergic reaction. He has numerous red, raised hives covering his face, neck, and torso. He is holding his hands to his chest and mouth, appearing to be in distress or having difficulty breathing. The background is white with a blue and red border on the left side.

# MUMPS

A cartoon illustration of a man with dark, spiky hair, looking distressed. He has sweat drops on his forehead and is holding his right hand to his forehead, suggesting a headache or intense pain. The background is white with stylized blue lightning bolts.

# RUBELLA

**ARM**

3



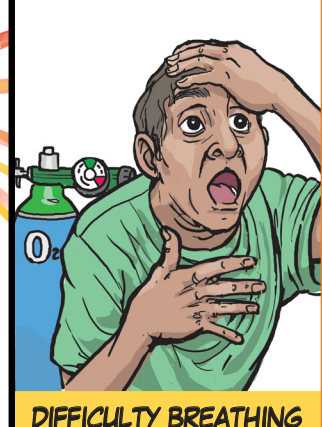


**DISEASE:**  
**COVID-19**

**THE  
COVID-19  
VACCINE  
IS AVAILABLE**

## VACCINE AND DOSAGE

## SYMPTOMS:



**FEVER**

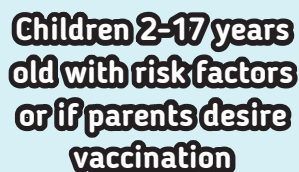
## HEADACHES

## DIFFICULTY BREATHING (SHORTNESS OF BREATH)

**ASK YOUR HEALTHCARE PROVIDER!**  
**SOME STATES HAVE DIFFERENT**  
**RECOMMENDATIONS**



## 1 dose



**TALK TO YOUR HEALTHCARE PROVIDER  
IF YOU HAVE QUESTIONS**



## 1 dose



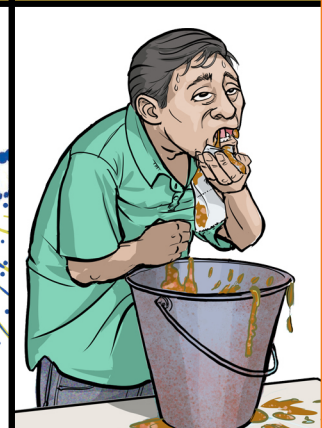
## 1 dose



## 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 OR DIE!**



## CHILLS

## COUGHING

## NAUSEA, VOMITING



## DIARRRHEA

## SORE THROAT

## FATIGUE



## MUSCLE PAIN AND BODY ACHES

RECENT LOSS OF  
SMELL OR TASTE

## STUFFY OR RUNNY NOSE





SO, SHOULD WE GET VACCINATED?



YES MAN, BUT IT'S NOTHING TO WORRY ABOUT!



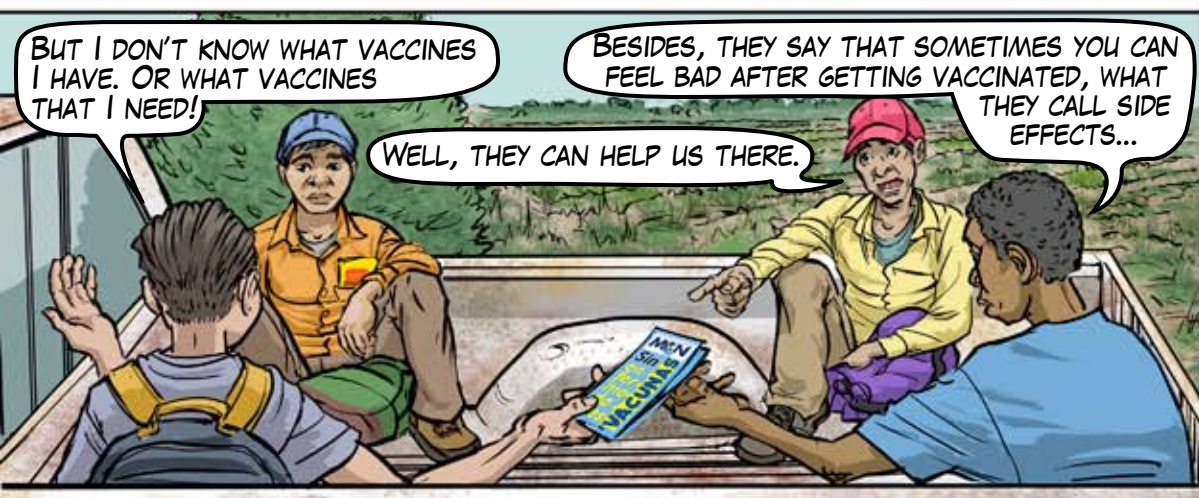
ESPECIALLY FOR THOSE OF US THAT AWAY FROM HOME IN ANOTHER COUNTRY...

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!

BESIDES, THEY SAY THAT SOMETIMES YOU CAN FEEL BAD AFTER GETTING VACCINATED, WHAT THEY CALL SIDE EFFECTS...

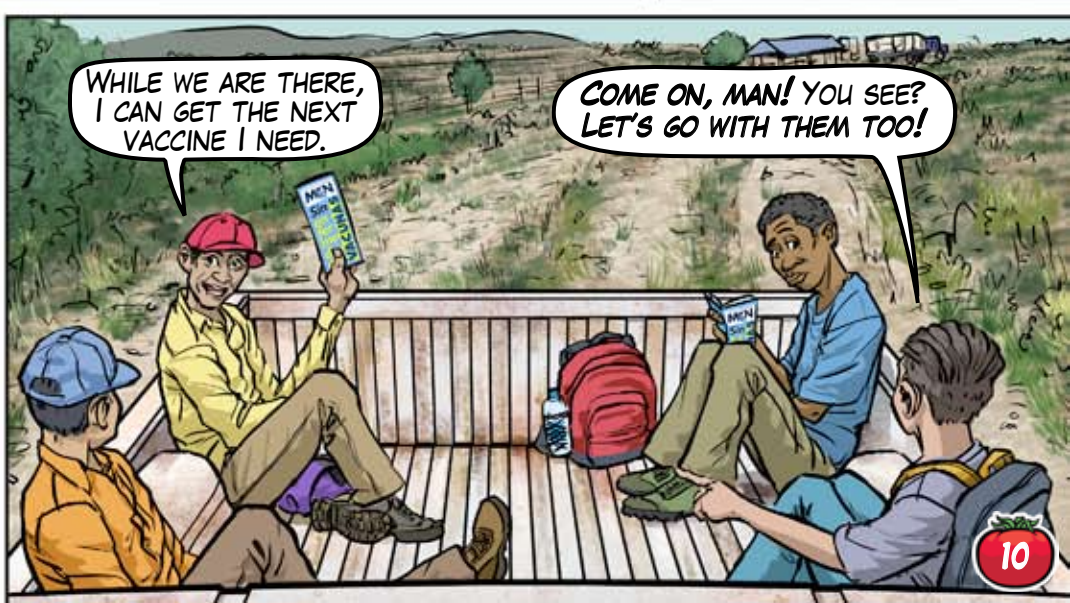
WELL, THEY CAN HELP US THERE.



HMMMM... I THINK THOSE SIDE EFFECTS ARE BETTER THAN GETTING SICK, HAVING TO GO THE HOSPITAL, OR DYING!



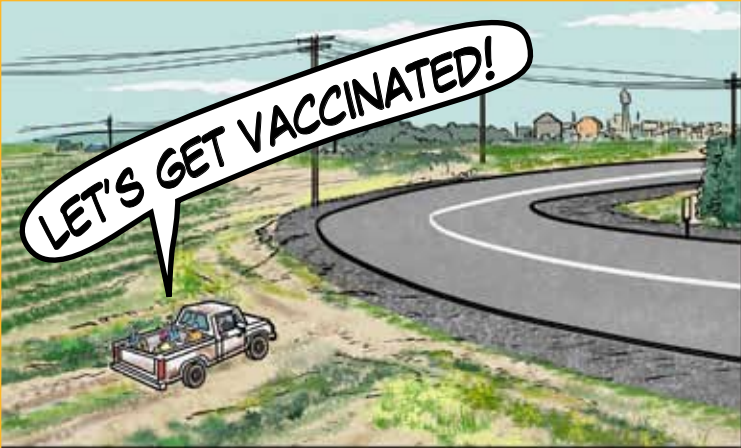
ACTUALLY, LET'S GO TO THE CLINIC NEARBY SO THEY CAN EXPLAIN IT BETTER!



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!**

NEAREST CLINIC

ADDRESS

PHONE

CONTACT PERSON

