

# ADULTS GET VACCINATED TOO!

## VACCINATIONS

## COMMUNITY HEALTH CLINIC

### and COVID Variants



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

Unvaccinated  
people  
more  
to  
si

eligible  
near you:

**ADULTS GET VACCINATED**  
LOS GRANDES TAMBIÉN SE VACUNAN GRANHOUS / FO VAKS

PREVENTABLE DISEASE AND ITS SYMPTOMS  
WHEN?  
WHERE?



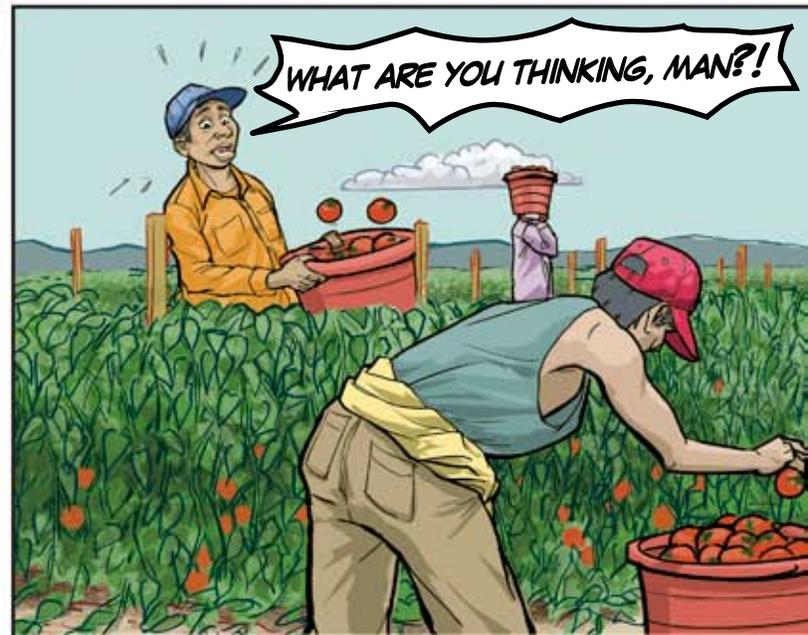
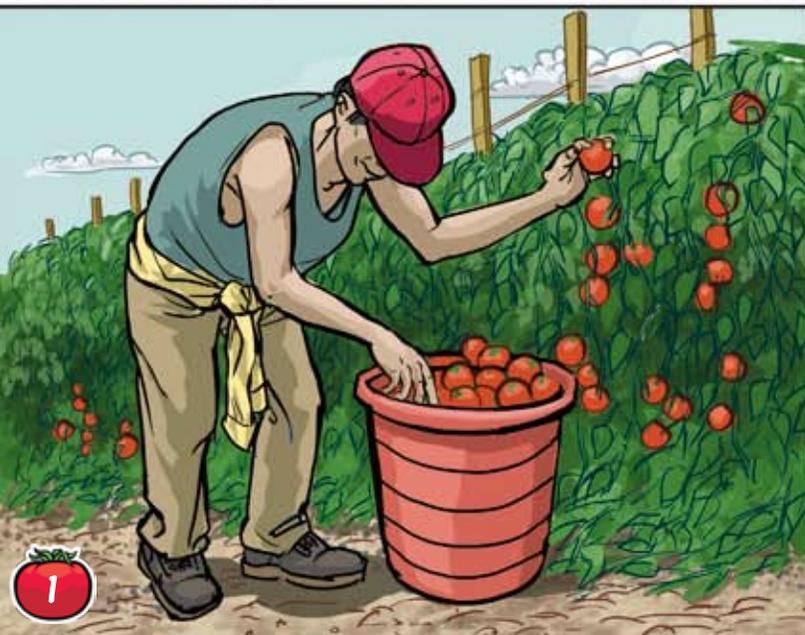
Material funded by the National Association of Community Health Centers (NACHC) based on the vaccination schedule developed in 2006 by Migrant Clinicians Network thanks to the original support of the Centers for Disease Control and Prevention (CDC) and NACHC. The content is the responsibility of the MCN and may not represent the official views of NACHC.



Technical script: Alma Galván, Deliana García, Migrant Clinicians Network  
Art and design: Ricardo Castillo  
October 2025



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





**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

### HEAT EXHAUSTION

>37°C / >98.6°F

- FEVER
- CRAMPS
- IRRITABILITY

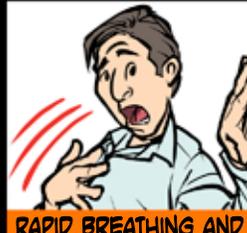
### HEAT STRESS

>37.7°C / >100°F

- FAINTING
- HIGH FEVER
- LOW BLOOD PRESSURE



DRY/RED/HOT SKIN WITHOUT SWEATING



RAPID BREATHING AND QUICK HEART BEAT

### HEAT STROKE

>40°C / >104°F

- FEVER
- COMA
- BODY SAGGING
- UNCONSCIOUSNESS



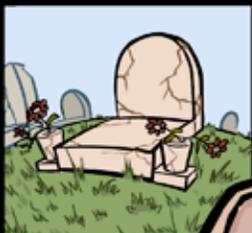
CRAMPS



SEIZURES



CONFUSION AND DELIRIUM



DEATH

## HOW TO PREVENT IT

### WATER



TAKE CARE OF EACH OTHER THROUGH A BUDDY SYSTEM

### REST

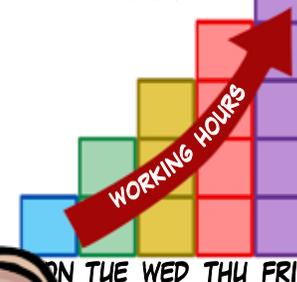


SHADE



ACCLIMATIZATION TO HEAT AND WORK

GRADUALLY INCREASE WORKING HOURS AND WORKLOAD



SUITABLE CLOTHING



LIGHT-COLORED COTTON CLOTHING

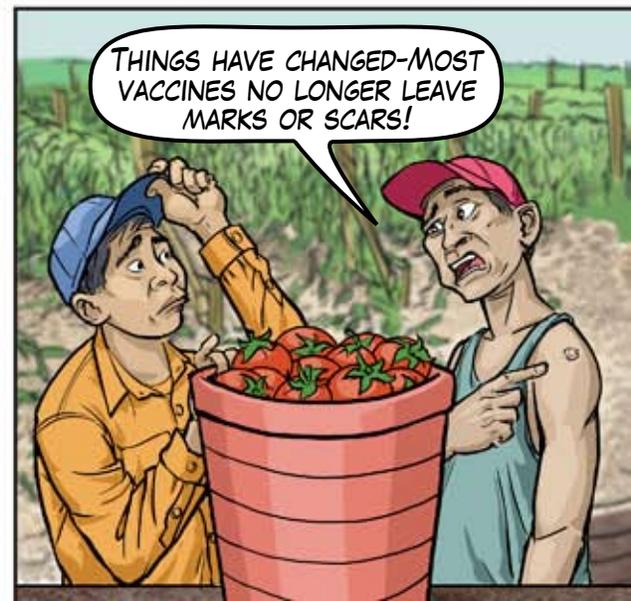
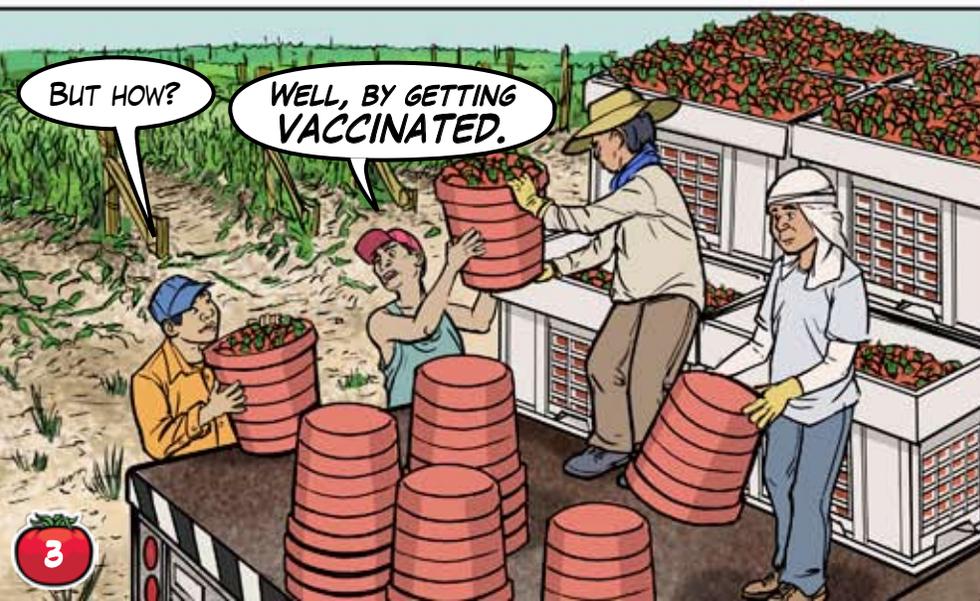
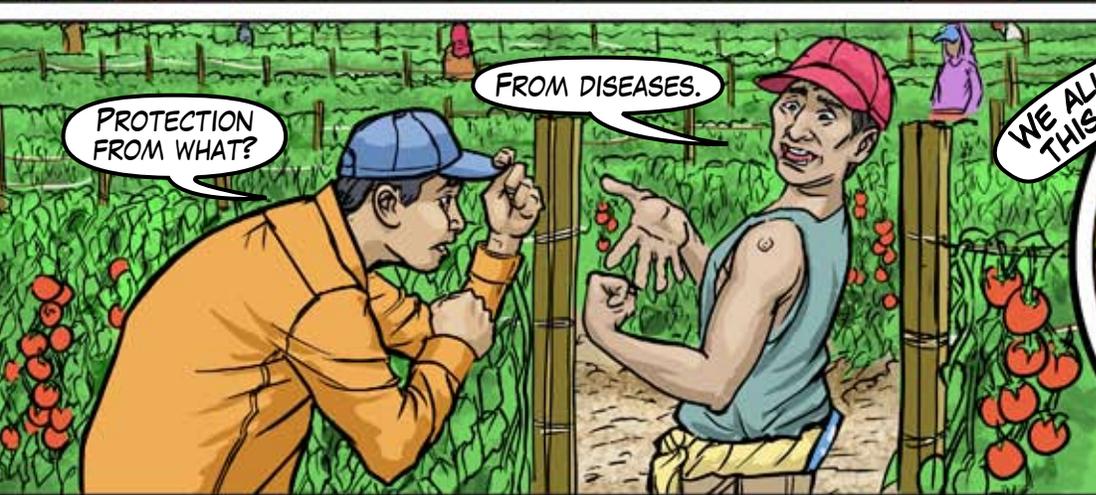
HAT/CAP

LONG SLEEVES

GLOVES

LONG PANTS

BOOTS/SHOES







# VACCINES FOR ADULTS

**VACCINE:** HB or HepB

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

**SYMPTOMS:**

NAUSEA AND LOSS OF APPETITE

**WHEN?**

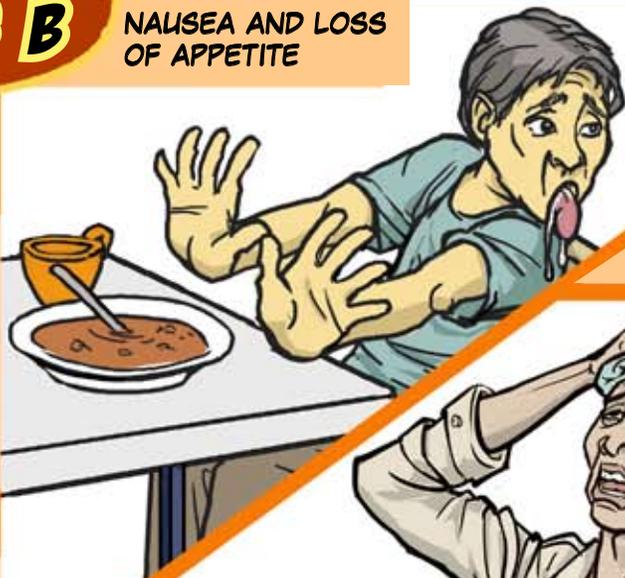
ADULTS **3** doses

wait 1-2 months

wait 4-6 months

**WHERE?**

ARM



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**



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



COLD, FEVER, HEADACHE



MUSCLE OR BODY ACHES

SOMETIMES THERE IS DIARRHEA AND VOMITING



**WHERE?**

**ARM**



FATIGUE



SORE THROAT, COUGH

**DISEASE:** **TETANUS**

**VACCINE:** **Tdap**

**SYMPTOMS:**

**WHEN?**

PLUS THESE OTHERS:







CAN'T WALK WELL

DIFFICULT SWALLOWING

JAW, NECK AND OTHER PARTS OF THE BODY BECOME STIFF

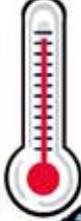
PAIN AND CRAMPING OF THE JAW OR OTHER PARTS OF THE BODY

**DISEASE:** **DIPHTHERIA**

**SYMPTOMS:**

**3 doses**

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





RUNNY NOSE, FEVER

GRAY SPOTS ON THE THROAT

NECK SWELLING

BAD BREATH, HEADACHE AND VERY SORE THROAT

**DISEASE:** **PERTUSSIS**

**SYMPTOMS:**

**WHERE?**

**ARM**

7






FEVER AND VOMITING

FREQUENT DRY COUGH

COLD-LIKE SYMPTOMS/ COLD, RUNNY NOSE

THAT'S TRUE

VACCINE:

MMR

DISEASE:

**MEASLES**

SYMPTOMS:



PAINFUL RED DOTS IN THE MOUTH

WHEN?



1 or 2 doses

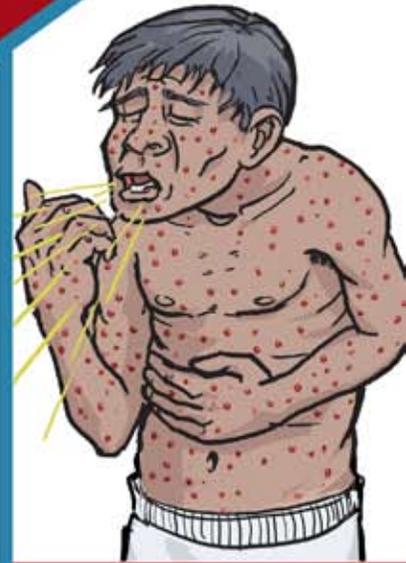
For people ages 11 to 49 who were not vaccinated as children



RUNNY NOSE / COLD / COLD-LIKE SYMPTOMS OR FEVER



DIARRHEA



COUGH, RED RASH ALL OVER THE BODY

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:

WHERE?

ARM



NECK PAIN AND SWELLING



WHITE SPOTS IN THE MOUTH AND THEN RED SPOTS ALL OVER THE BODY THAT LAST ABOUT 5 DAYS



AND THIS IS THE MOST RECENT...  
**DISEASE:**  
**COVID-19**

**THE COVID-19 VACCINE IS AVAILABLE**

**VACCINE AND DOSAGE**

**VACCINE: COVID-19**

**SYMPTOMS:**

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

	<b>All children 6-23 months</b>	<b>1 dose</b>
	<b>Children 2-17 years old with risk factors or if parents desire vaccination</b>	

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

	<b>Pregnancy At any point in pregnancy</b>	<b>1 dose</b>
--	--	---------------

	<b>Adults 18-50 years</b>	<b>1 dose</b>
--	---------------------------	---------------

	<b>Adults 50+ years</b>	<b>1 dose</b>
--	-------------------------	---------------

**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!**



**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**



SO, SHOULD WE GET VACCINATED?



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



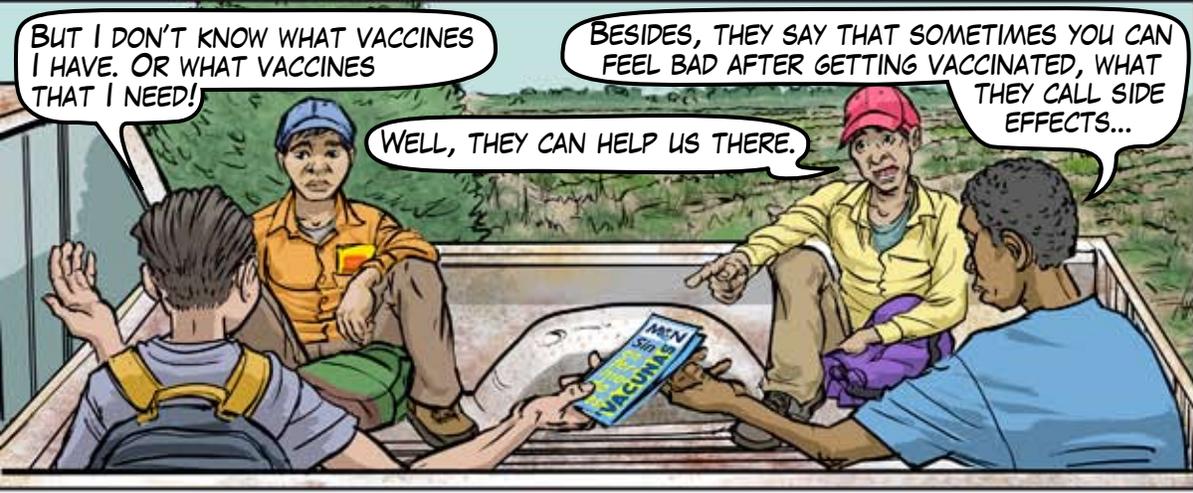
ESPECIALLY FOR THOSE OF US THAT AWAY FROM HOME IN ANOTHER COUNTRY...

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

