

ADULTS GET VACCINATED TOO!

VACCINATIONS

COMMUNITY HEALTH CLINIC

and COVID Variants



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

Unvaccinated
people
more
to
si

eligible
near you:

center

ADULTS GET VACCINATED
LOS GRANDES (TAMBIÉN SE VACUNAN GRANNOY) YO VAKS.

PREVENTABLE DISEASE AND ITS SYMPTOMS

WHEN? WHERE? VACCINE

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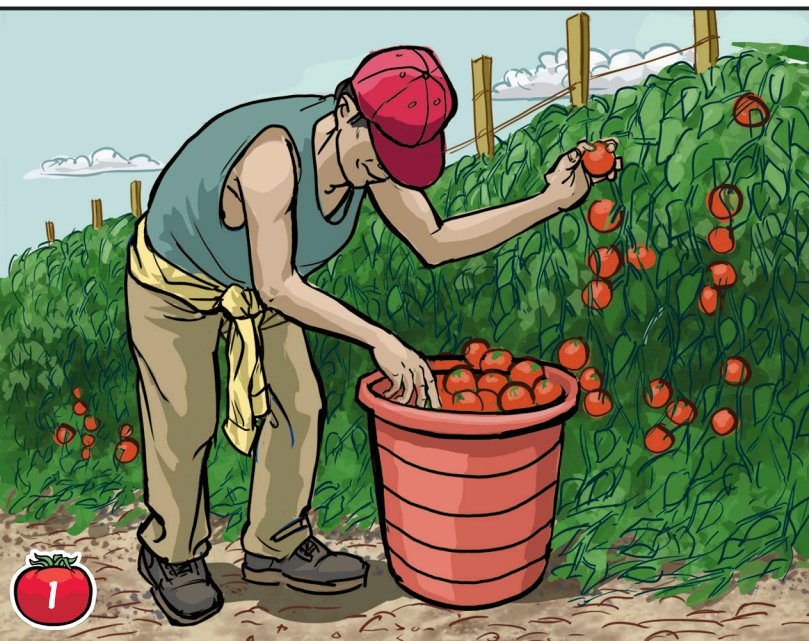
Technical script: Alma Galván, Deliana García, Migrant Clinicians Network
Art and design: Ricardo Castillo

MIGRANT CLINICIANS NETWORK

MARCH 2024
FREE DISTRIBUTION



IN 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

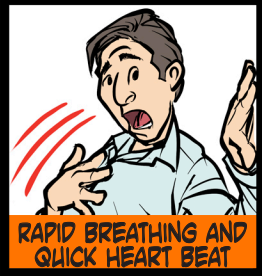
HEAT STRESS

>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

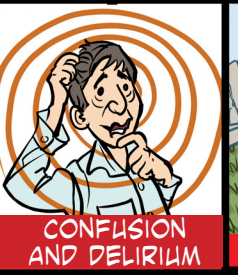
- FEVER
- COMA
- BODY SAGGING
- UNCONSCIOUSNESS



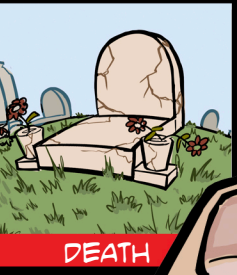
CRAMPS



SEIZURES



CONFUSION
AND DELIRIUM



DEATH

HOW TO PREVENT IT

WATER



TAKE CARE OF EACH OTHER
THROUGH A BUDDY SYSTEM

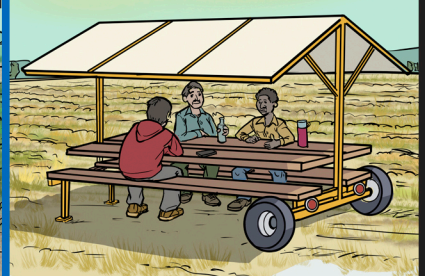
REST



SHADE



ACCLIMATIZATION TO
HEAT AND WORK

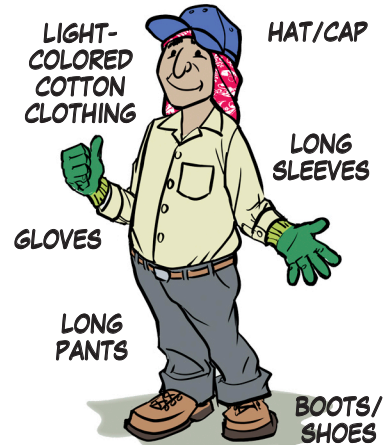


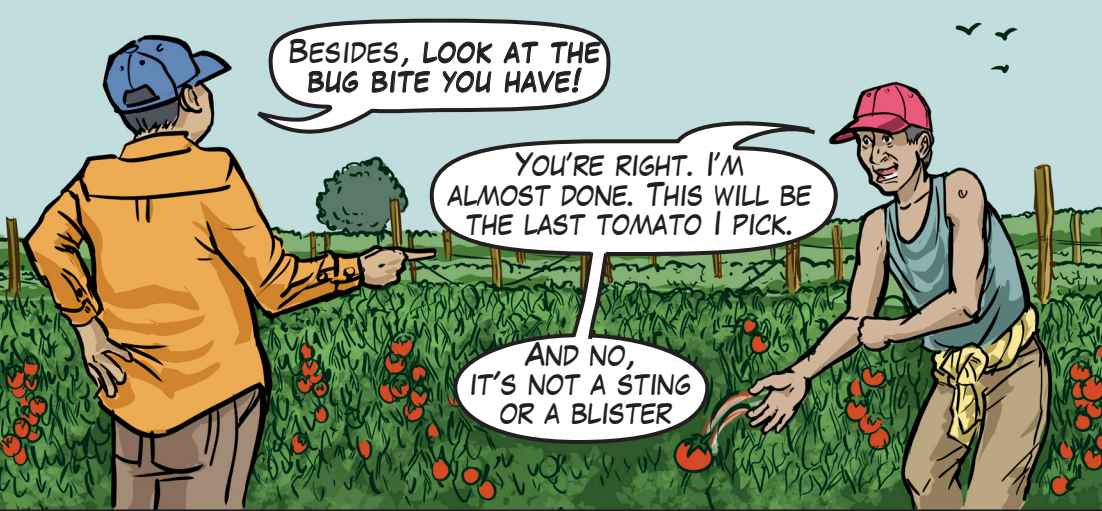
SUITABLE CLOTHING

GRADUALLY INCREASE
WORKING HOURS
AND WORKLOAD



ON TUE WED THU FRI





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



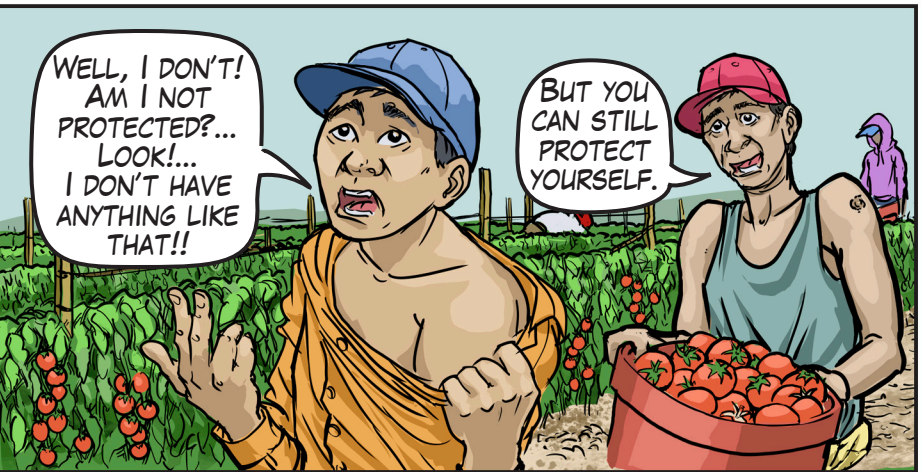
IT'S MY PROTECTION!



PROTECTION FROM WHAT?

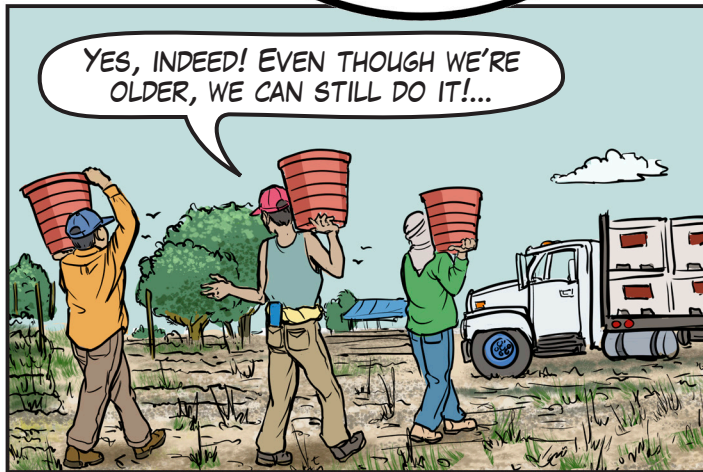
FROM DISEASES.

WE ALL HAVE THIS MARK!

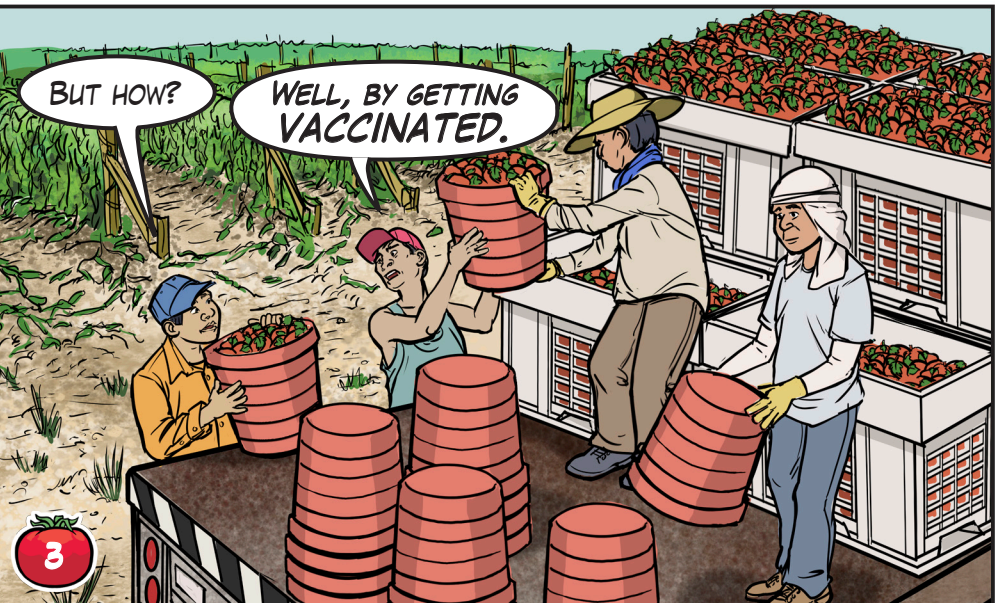


WELL, I DON'T! AM I NOT PROTECTED?... LOOK!... I DON'T HAVE ANYTHING LIKE THAT!!

BUT YOU CAN STILL PROTECT YOURSELF.

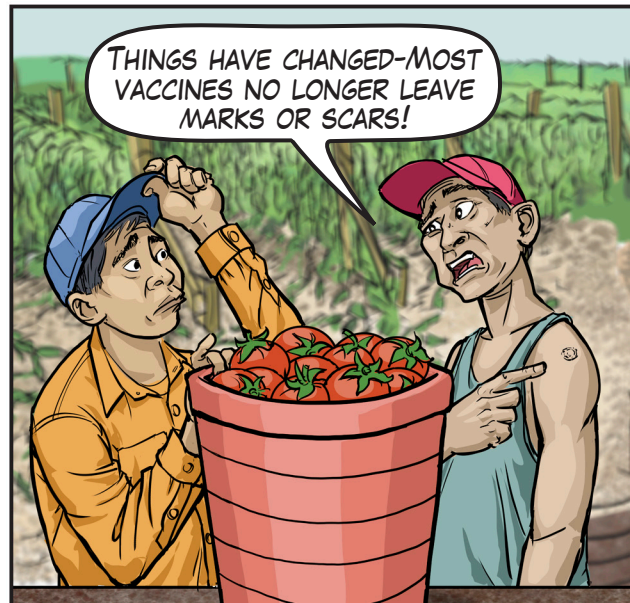


YES, INDEED! EVEN THOUGH WE'RE OLDER, WE CAN STILL DO IT!...



BUT HOW?

WELL, BY GETTING VACCINATED.

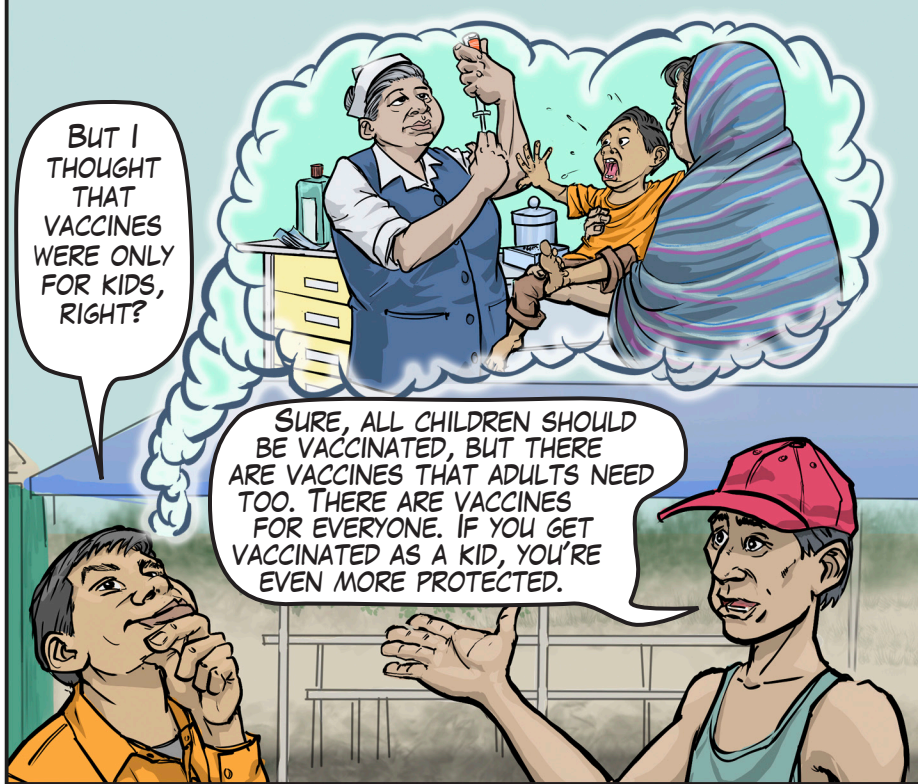


THINGS HAVE CHANGED-MOST VACCINES NO LONGER LEAVE MARKS OR SCARS!



VACCINES PROTECT US FROM MANY DISEASES THAT CAN KILL US.

LOOK!



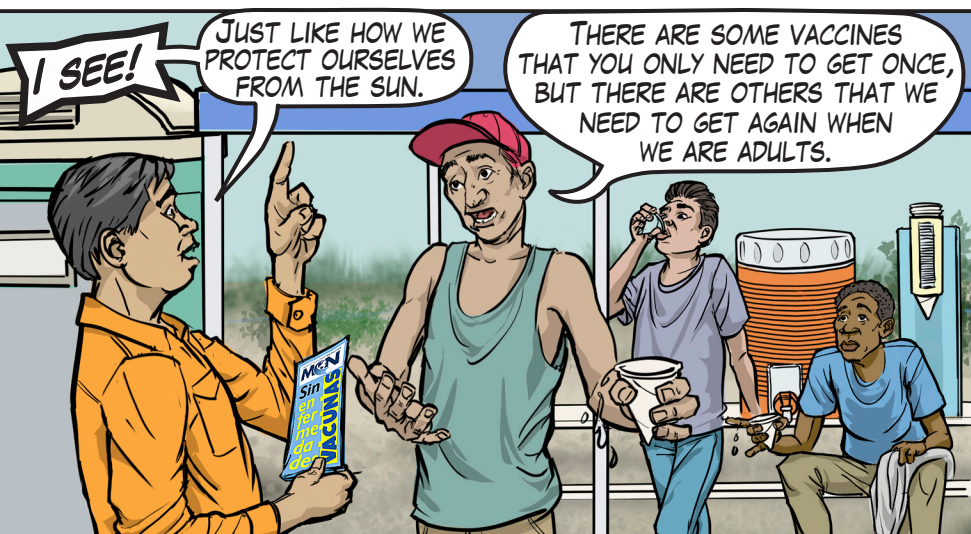
BUT I THOUGHT THAT VACCINES WERE ONLY FOR KIDS, RIGHT?

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.



VACCINATED

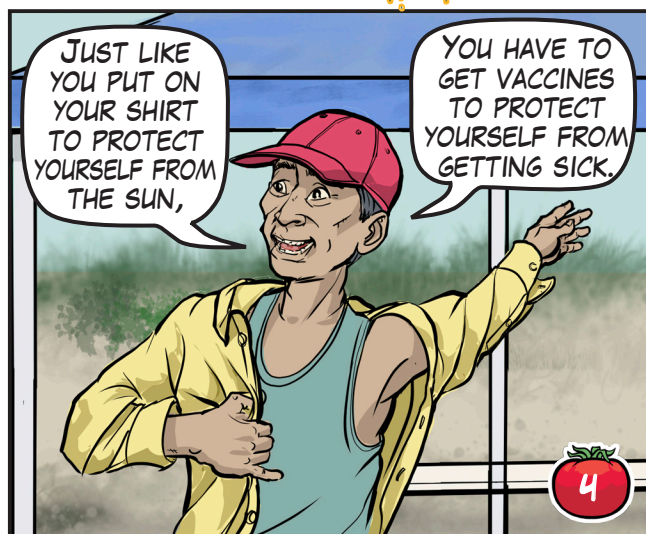
COVID 19, HEPATITIS, MEASLES, MUMPS, INFLUENZA, PERTUSSIS, DIPHTHERIA, RUBELLA, HUMAN PAPILLOMA VIRUS, MENINGITIS, TETANUS, VARICELLA



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.



JUST LIKE YOU PUT ON YOUR SHIRT TO PROTECT YOURSELF FROM THE SUN,

YOU HAVE TO GET VACCINES TO PROTECT YOURSELF FROM GETTING SICK.



VACCINES FOR ADULTS

VACCINE: **HB or HepB**

DISEASE:
HEPATITIS B

SYMPTOMS:

NAUSEA AND LOSS OF APPETITE

WHEN?

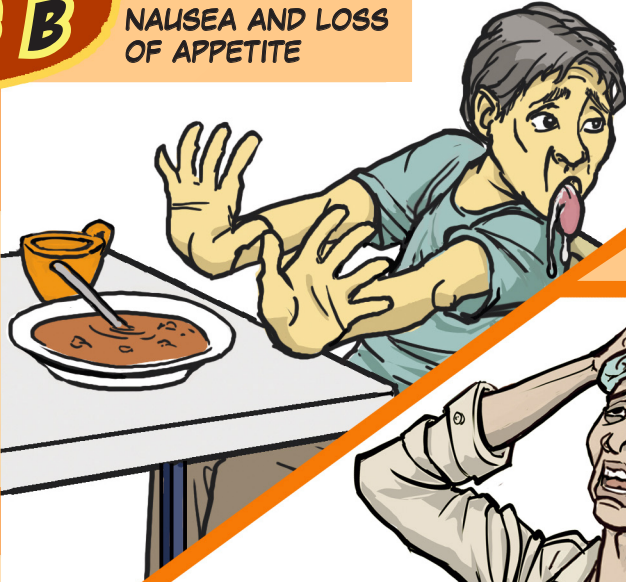
ADULTS **3** doses

wait 1-2 months

wait 4-6 months

WHERE?

ARM



YELLOW EYES AND SKIN



FEVER AND WEAKNESS



ORANGE OR BROWN URINE

DISEASE:
MENINGITIS

VACCINE: **MENINGOCOCCAL**

SYMPTOMS:

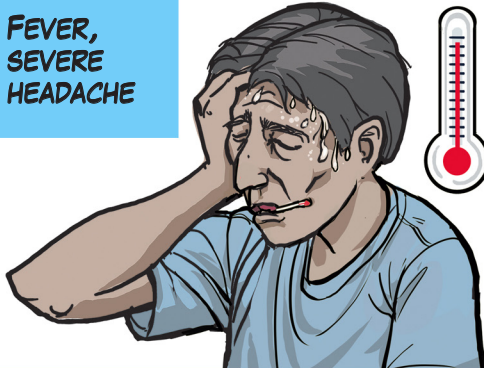
WHEN?

1 dose

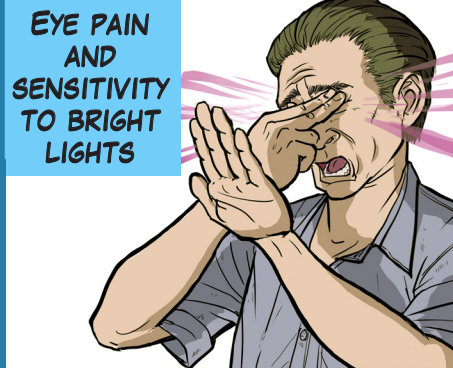
for young people who share a bedroom

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?



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

WHERE?

ARM



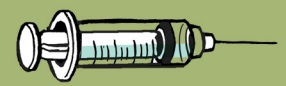
RASH THAT STARTS ON THE FACE, CONTINUES THE CHEST, AND ENDS ON THE ARMS AND LEGS. WHEN IT DRIES, IT LEAVES VERY ITCHY SCABS.

DISEASE:
INFLUENZA
(FLU)

VACCINE: **INFLUENZA**

SYMPTOMS:

WHEN?

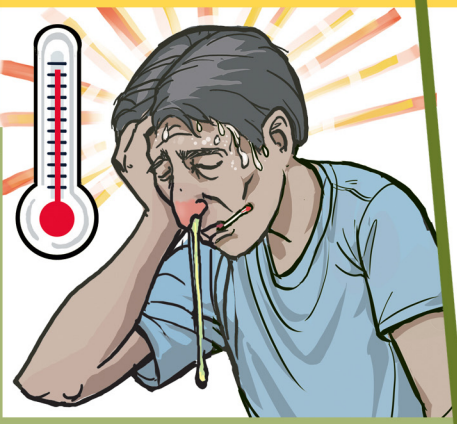


once a year in the fall or winter



WHERE?

ARM



COLD, FEVER, HEADACHE



MUSCLE OR BODY ACHES

SOMETIMES THERE IS DIARRHEA AND VOMITING



FATIGUE



SORE THROAT, COUGH



PLUS THESE OTHERS:

DISEASE: TETANUS

VACCINE: Tdap

SYMPTOMS:

WHEN?

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

3 doses

DISEASE: DIPHTHERIA

SYMPTOMS:

GRAY SPOTS ON THE THROAT

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

RUNNY NOSE, FEVER

NECK SWELLING

BAD BREATH, HEADACHE AND VERY SORE THROAT

WHERE?

DISEASE: PERTUSSIS

SYMPTOMS:

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



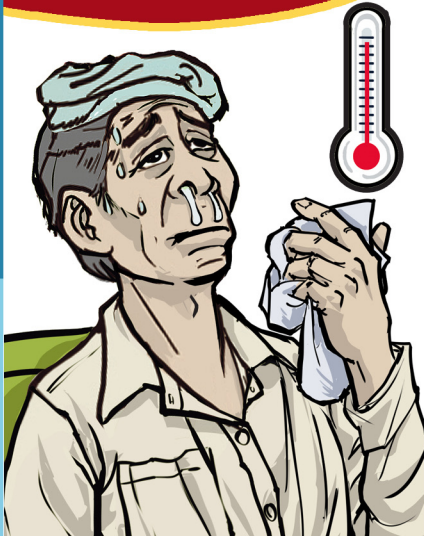
COUGH, RED RASH ALL OVER THE BODY

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

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 UPDATED VACCINE AGAINST COVID-19 IS AVAILABLE

VACCINE:

UPDATED COVID-19

SYMPTOMS:

VACCINE AND DOSAGE

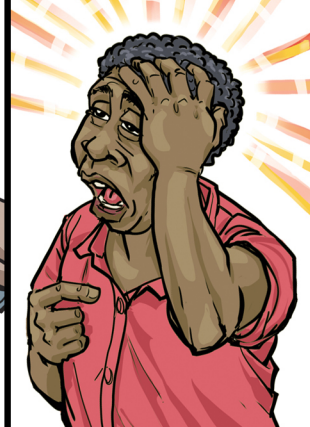


Unvaccinated people

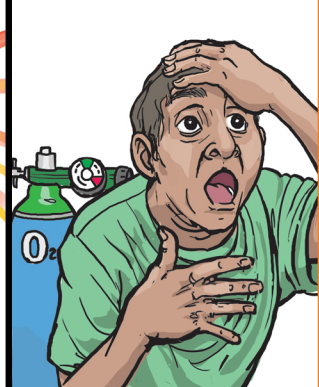
1 dose of the updated vaccine



FEVER



HEADACHES



DIFFICULTY BREATHING (SHORTNESS OF BREATH)



People already vaccinated

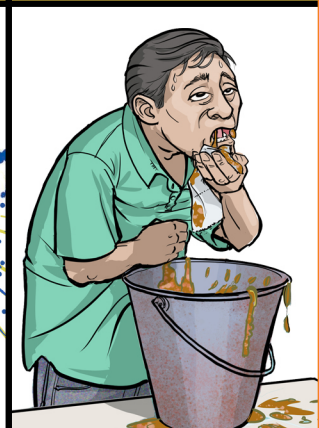
1 dose of the updated vaccine



CHILLS



COUGHING



NAUSEA, VOMITING

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.



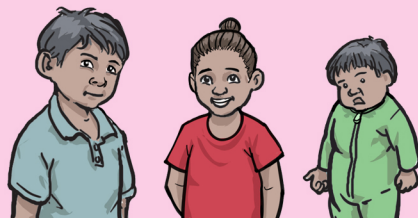
DIARRHEA



SORE THROAT



FATIGUE



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



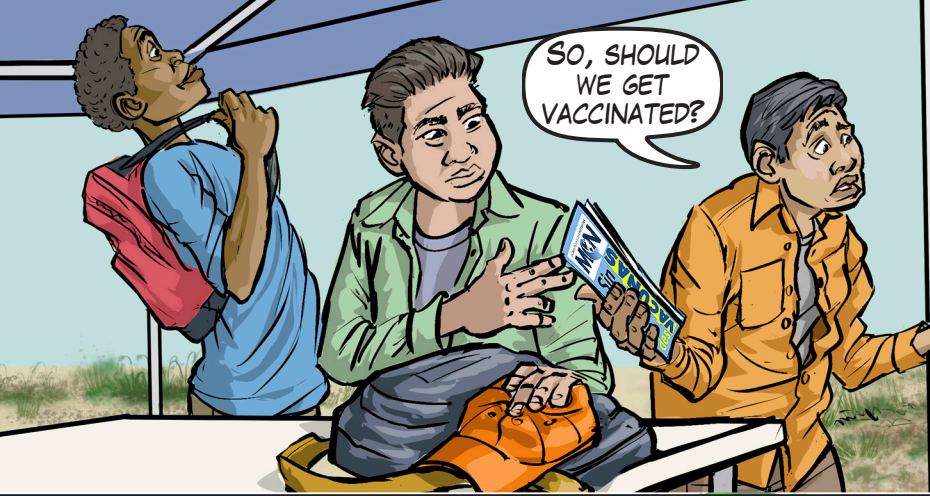
MUSCLE PAIN AND BODY ACHES



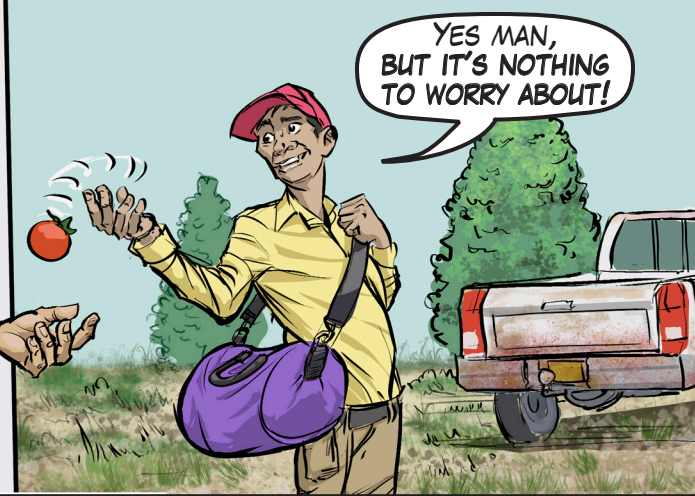
RECENT LOSS OF SMELL OR TASTE



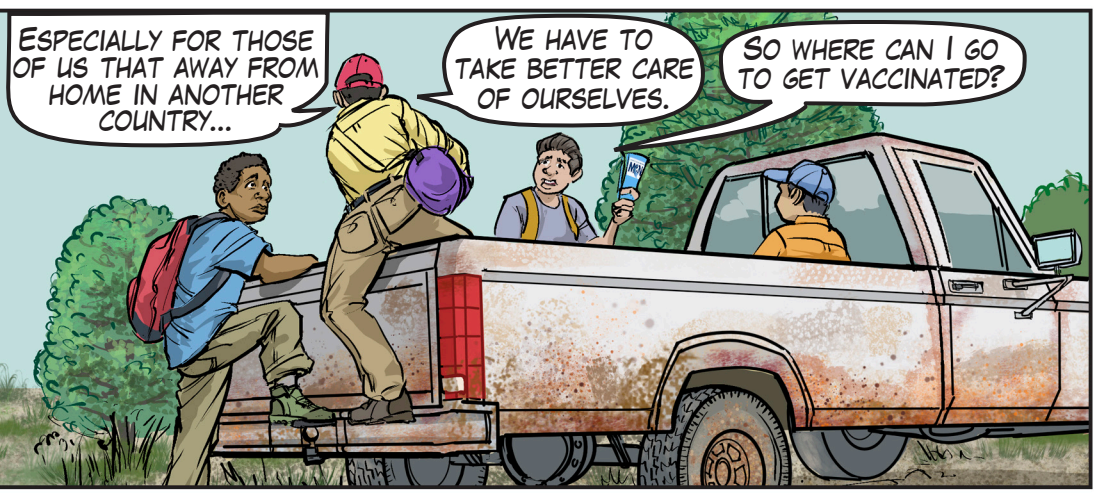
STUFFY OR RUNNY NOSE



SO, SHOULD WE GET VACCINATED?



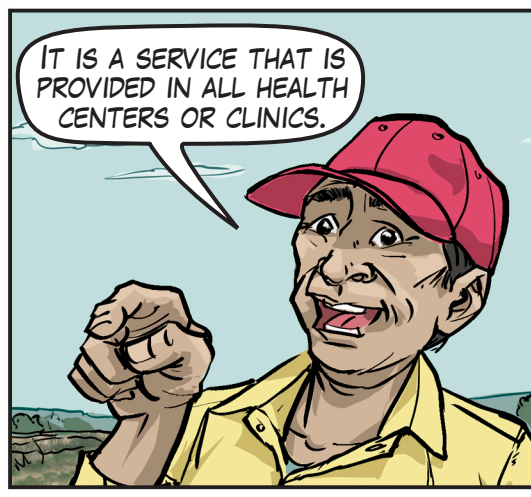
YES MAN, BUT IT'S NOTHING TO WORRY ABOUT!



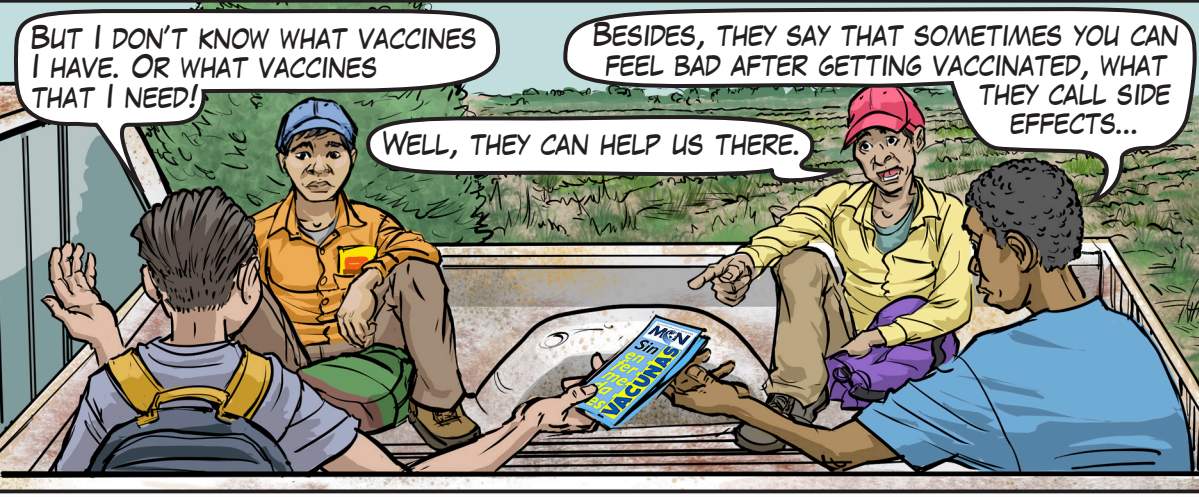
ESPECIALLY FOR THOSE OF US THAT AWAY FROM HOME IN ANOTHER COUNTRY...

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!

WELL, THEY CAN HELP US THERE.

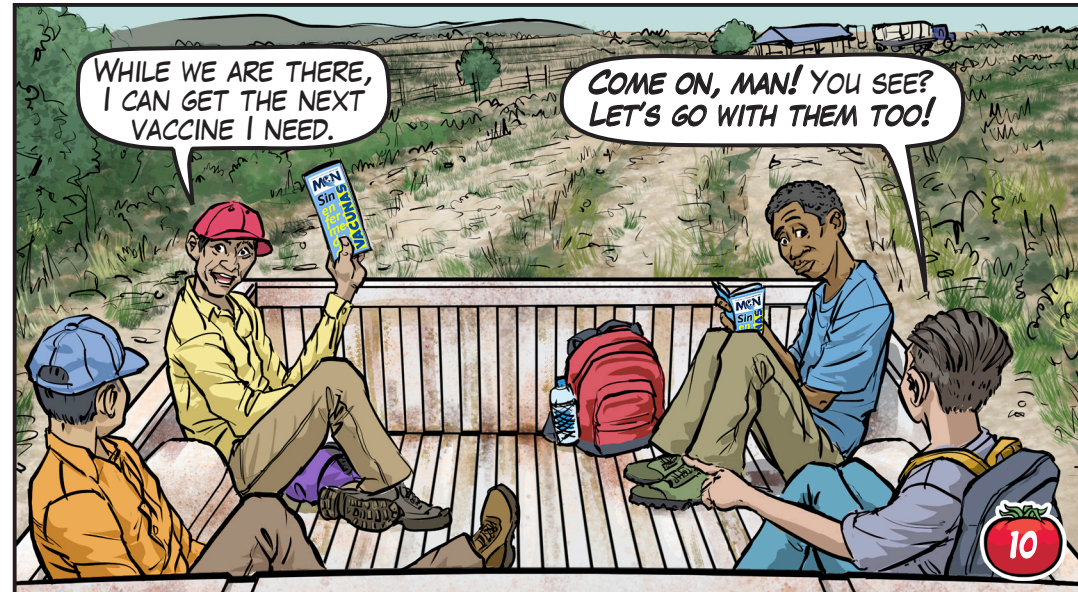
BESIDES, THEY SAY THAT SOMETIMES YOU CAN FEEL BAD AFTER GETTING VACCINATED, WHAT THEY CALL SIDE EFFECTS...



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

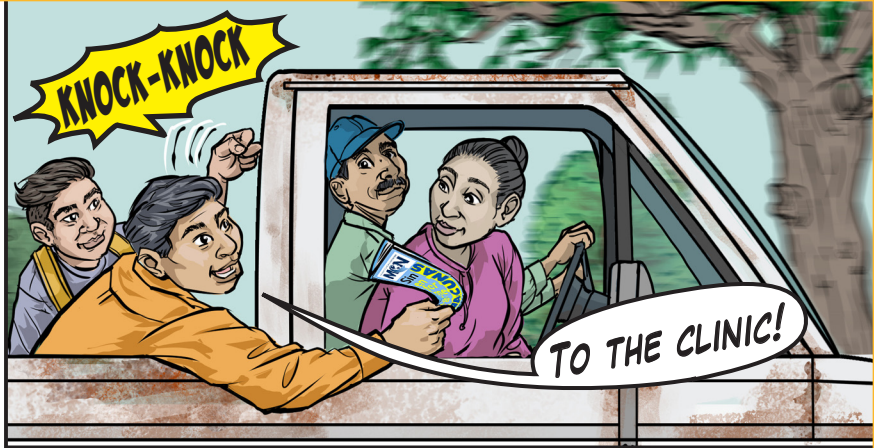
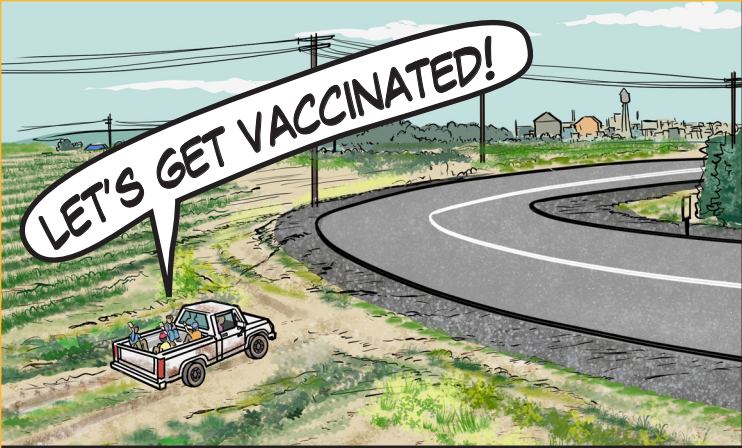


ACTUALLY, LET'S GO TO THE CLINIC NEARBY SO THEY CAN EXPLAIN IT BETTER!



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

