

ADULTS GET VACCINATED TOO!

VACCINATIONS

and COVID Variants

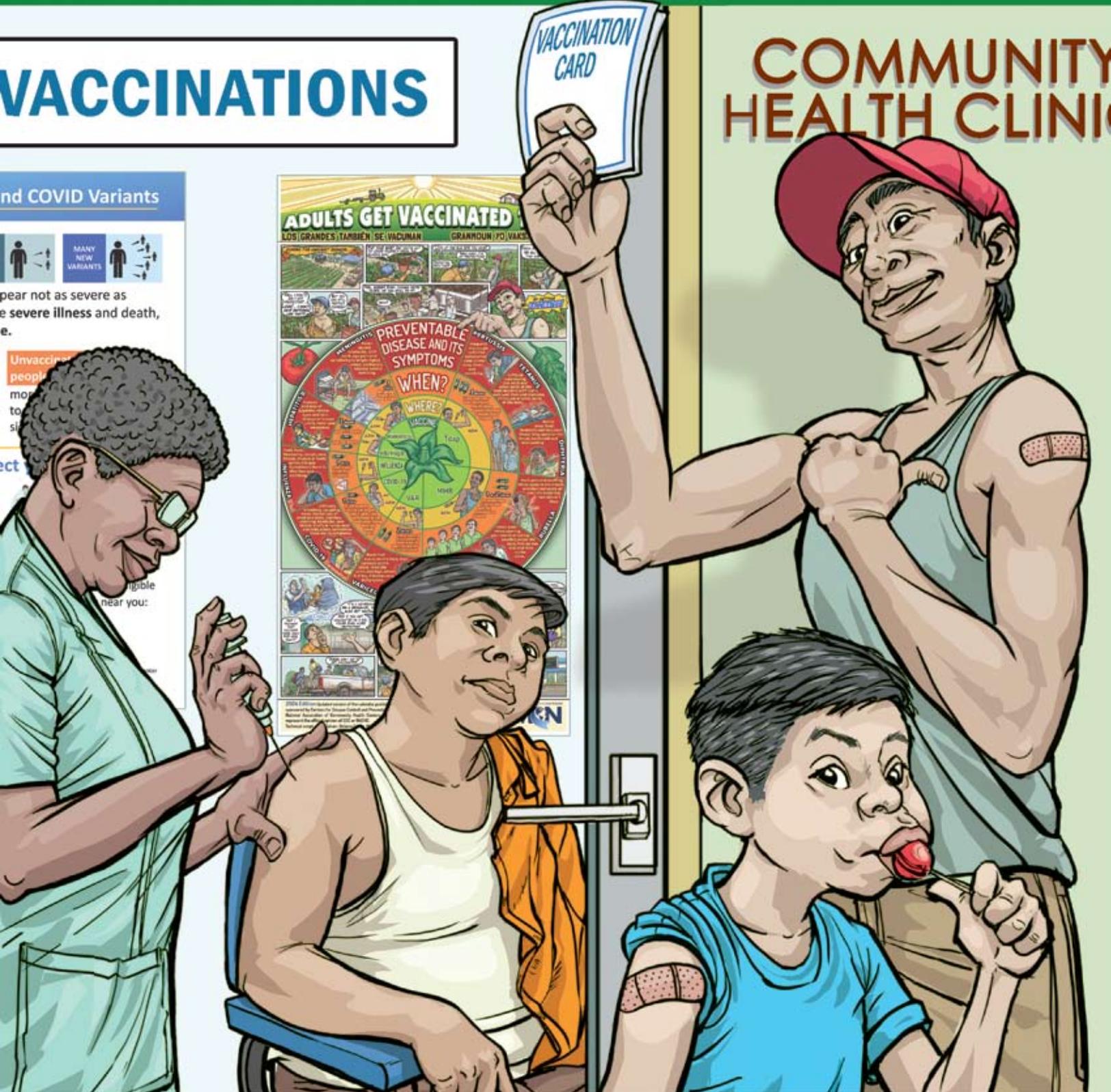


appear not as severe as
the severe illness and death,
e.

Unvaccinated
people
more
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near you:

COMMUNITY HEALTH CLINIC



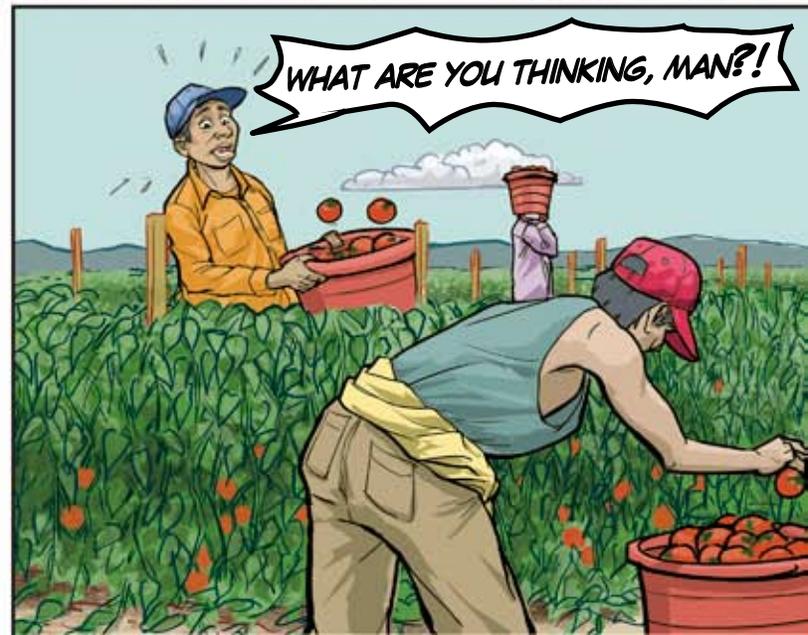
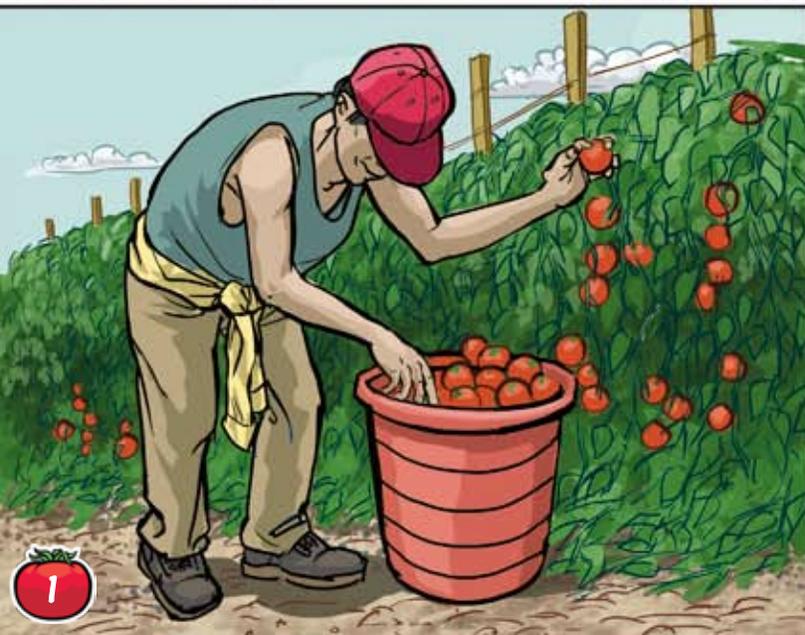
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IN A FIELD NOT TOO FAR AWAY, IT IS TOMATO HARVEST SEASON AND THE WORKERS ARE ABOUT TO FINISH THEIR WORK DAY....





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

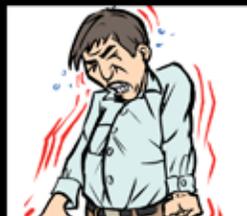
HEAT STROKE

>40°C / >104°F

- FEVER
- COMA
- BODY SAGGING
- UNCONSCIOUSNESS



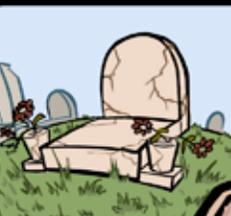
CRAMPS



SEIZURES



CONFUSION AND DELIRIUM



DEATH

HOW TO PREVENT IT

WATER



TAKE CARE OF EACH OTHER THROUGH A BUDDY SYSTEM

REST



SHADE

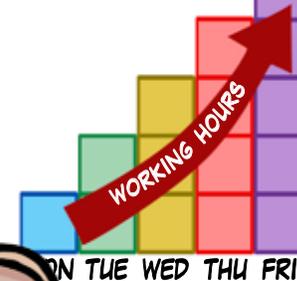


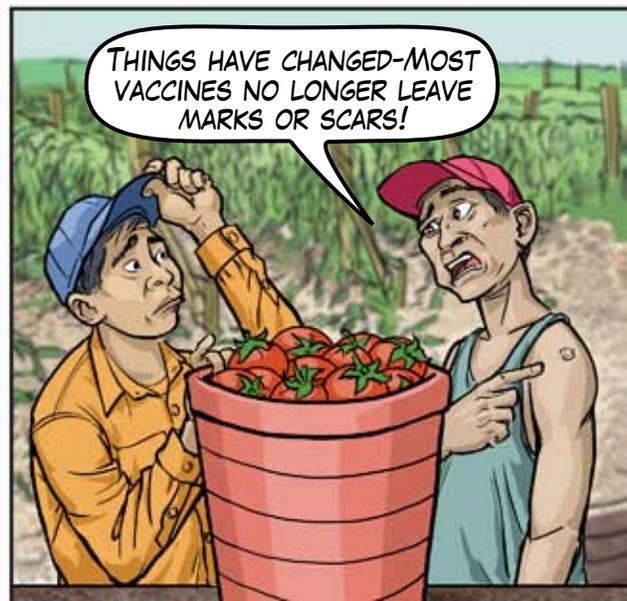
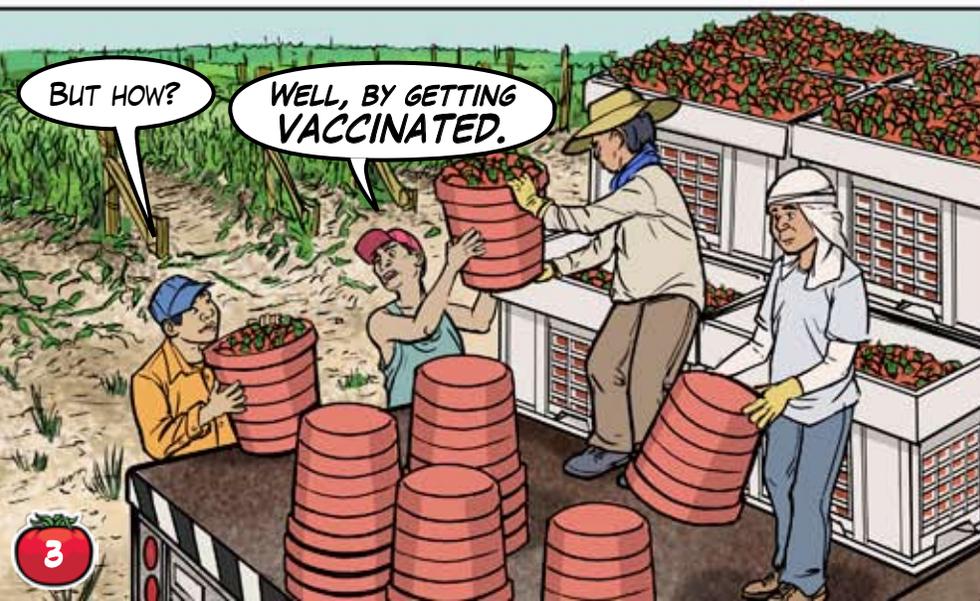
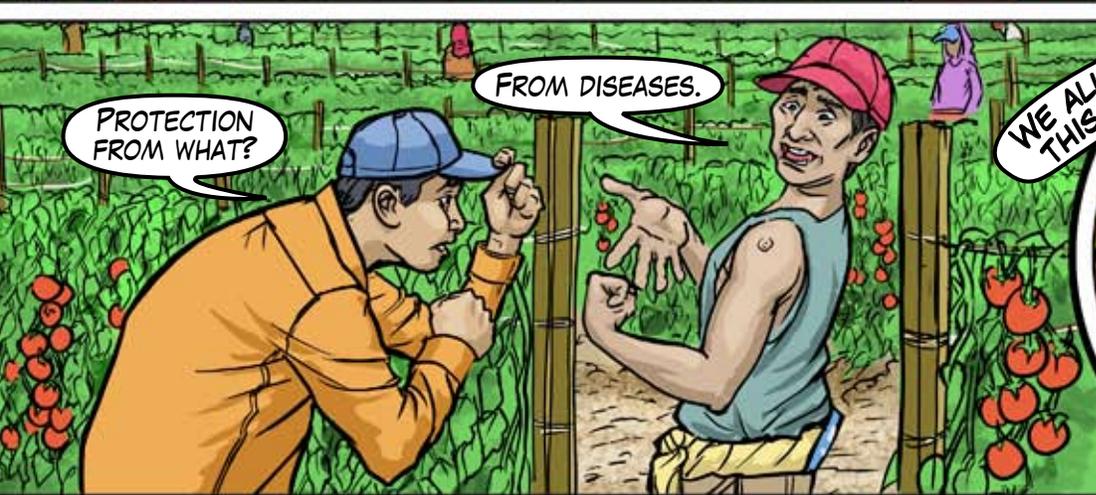
ACCLIMATIZATION TO HEAT AND WORK



SUITABLE CLOTHING

GRADUALLY INCREASE WORKING HOURS AND WORKLOAD







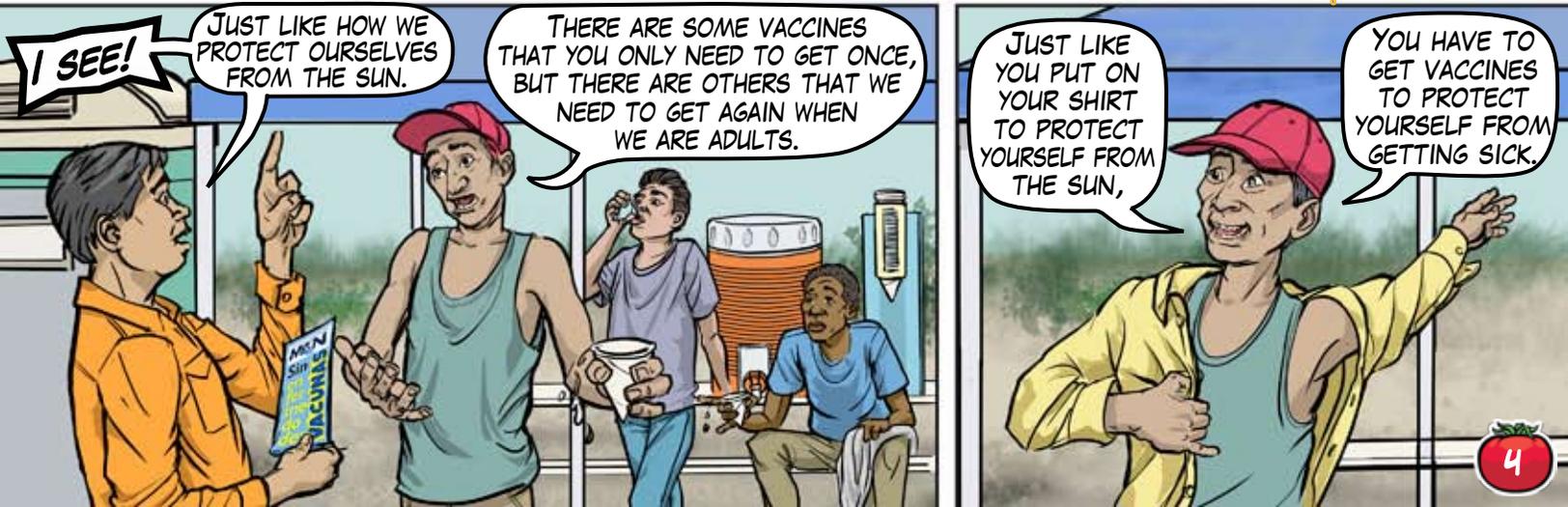
VACCINES PROTECT US FROM MANY DISEASES THAT CAN KILL US.

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.



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?

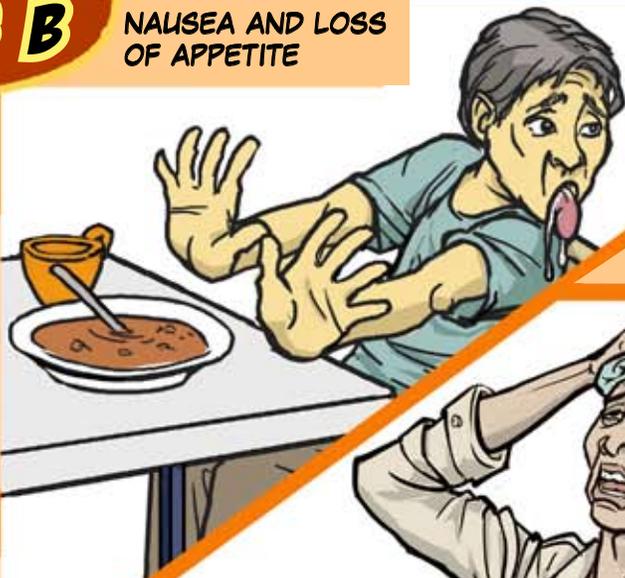
ADULTS **3** doses

wait 1-2 months

wait 4-6 months

WHERE?

ARM



YELLOW EYES AND SKIN



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

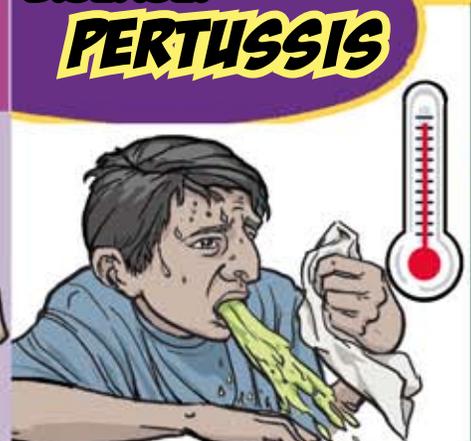
DISEASE: **PERTUSSIS**

SYMPTOMS:

WHERE?

ARM

7



FEVER AND VOMITING

FREQUENT DRY COUGH

COLD-LIKE SYMPTOMS/ COLD, RUNNY NOSE



THAT'S TRUE

VACCINE:

MMR



DISEASE:
MEASLES

SYMPTOMS:

WHEN?



1 or 2 doses

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



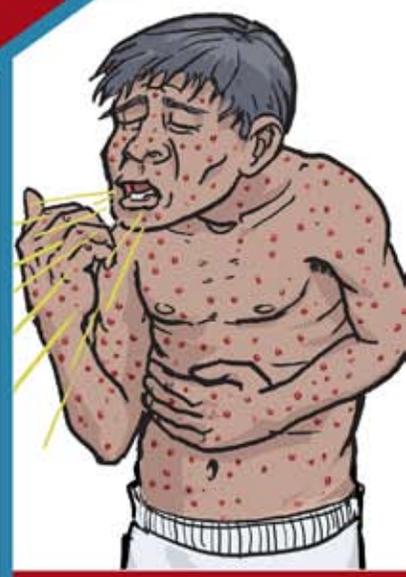
RUNNY NOSE / COLD / COLD-LIKE SYMPTOMS OR FEVER



PAINFUL RED DOTS IN THE MOUTH



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

VACCINE:

UPDATED COVID-19

SYMPTOMS:



THE UPDATED VACCINE AGAINST COVID-19 IS AVAILABLE

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



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!



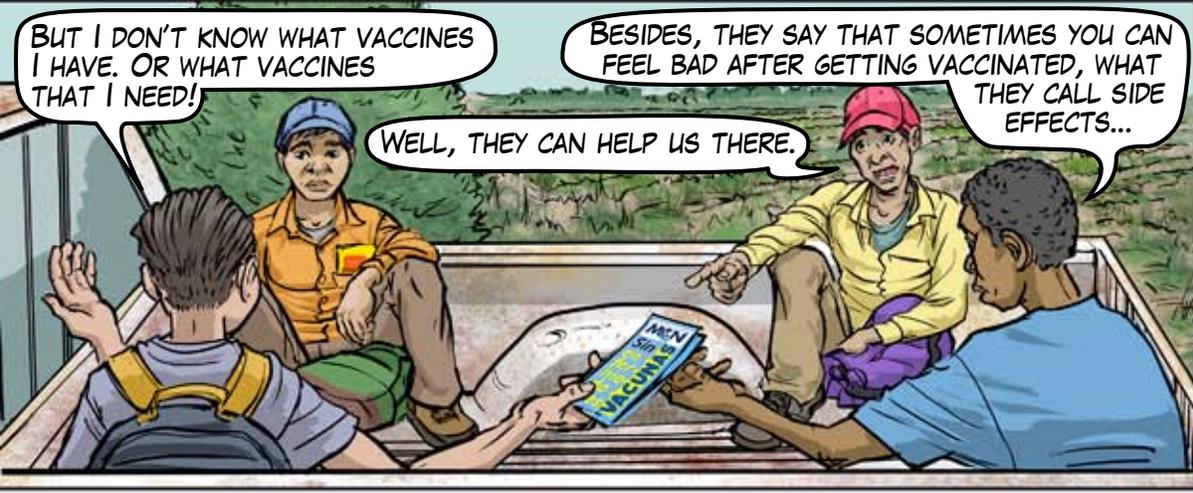
ESPECIALLY FOR THOSE OF US THAT AWAY FROM HOME IN ANOTHER COUNTRY...

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

