



Immunization

TRIVIA KIT FOR SENIORS

IDEAS FOR ACTIVITIES

To help educate seniors about various immunizations and improve health literacy and immunization rates, we have put together a few trivia questions. Each question is paired with answers and informative details and is designed for flexible use in several ways.

TEAM TRIVIA

Many nursing homes and community centers host Team Trivia night. Below are some trivia questions to choose from for your activity. You'll be surprised at how many people know about these vaccines or how much staff, family and seniors learn.

1. Staff vs. Seniors team trivia- create staff (use non-nursing staff too) team and seniors teams to compete.
2. Area vs. Area- create teams based on facility separation (halls, wings, floors or sections, etc.)
3. Family teams - think about the popular game show "Jeopardy"
4. There are a number of other team structures you can create.

TRIVIA BOARD

1. Post a question one day and the answer the next day, along with educational information.
2. Post the questions on bulletin boards in each hall/section, etc. Have seniors that live on that hall put a mark next to their favorite answer. The hall with the most correct answers wins!

DAILY TRIVIA

1. Ask a question during the morning announcements. Repeat the question and the answer the next day and then ask another question.
2. Each day for a week, ask a question during the morning announcements. During group activities, provide seniors with the answer choices on pieces of paper with their names. Put those with the correct answers in a box for a drawing. At the end of the week, draw for prizes.

NEWSLETTER TRIVIA

1. Use for your digital or printed newsletter. Publish questions on one page and answers and education on another. Great for outreach to seniors, families, staff and community.

A TRIVIA RACE

Use two or more teams. Create "spaces" on the floor or sidewalk using tape or sidewalk chalk. Have one "racer" per team. For each question the team agrees on and answers correctly, the "racer" moves forward one (or more) spaces. The incorrect answer results in the racer not moving or moving backwards. Create the rules and course based on your population and space. The teams not only cheer on their racer, they participate in the race by agreeing on the correct answer.

These are some suggestions. Your staff and resident or family councils may be able to think of others that will work great in your facility.

Share your ideas with us.

For more information, contact:

nursinghome@alliantquality.org



Immunization Trivia

- 1. What year did the flu vaccine become available to civilians.**
 - A. 1937
 - B. 1945
 - C. 1951
 - D. 1960
- 2. Adults need a booster for tetanus and diphtheria every 10 years.**
 - A. True
 - B. False
- 3. Only adults ages 75 and over are recommended to get the RSV vaccine.**
 - A. True
 - B. False
- 4. True or False. All COVID-19 vaccines are created using mRNA technology?**
 - A. True
 - B. False
- 5. If you have had COVID-19, you don't need a vaccine.**
 - A. True
 - B. False
- 6. Typical side effects from the COVID-19 vaccine are caused by:**
 - A. The virus in the vaccine
 - B. An immune response
 - C. Age (older people are prone to more side effects)
 - D. An allergy
- 7. What vaccine must be updated most years in response to changes in the virus it protects us against?**
 - A. Pneumococcal Pneumonia vaccine
 - B. Influenza vaccine
 - C. Tdap vaccine
 - D. Shingles vaccine
- 8. Influenza, COVID-19 and RSV can all be spread by?**
 - A. Coughing and sneezing
 - B. Touching eyes, nose or mouth with hands that are not clean
 - C. Touching objects that have the virus on them and not washing hands
 - D. All of these
- 9. If you have already gotten an RSV vaccine, you do not need to get another one at this time.**
 - A. True
 - B. False
- 10. The Tdap vaccine offers protection from which of these diseases?**
 - A. Tetanus
 - B. Diphtheria
 - C. Pertussis (whooping cough)
 - D. All of them
- 11. If you have already had the shingles, you don't need the vaccine.**
 - A. True
 - B. False
- 12. If you have had one pneumonia vaccine you don't need another?**
 - A. True
 - B. False
 - C. It depends on your age, medical history and vaccine history
 - D. I give up, it is too confusing
- 13. You should have a "booster" pneumonia vaccine every year after you turn 65.**
 - A. True
 - B. False

References:

<https://www.chop.edu/centers-programs/vaccine-update-healthcare-professionals/just-vax-toolkits>
CDC and AARP

Immunization Trivia

QUESTIONS WITH ANSWERS

1. What year did the flu vaccine become available to civilians.

- A. 1937
- B. 1945**
- C. 1951
- D. 1960



Fact: Because of the staggering number of deaths in the U.S. military during the 1918-1919 influenza pandemic, a flu vaccine was a priority. But an influenza vaccine wasn't greenlit for civilian use until 1945, after clinical trials that took place from the mid-1930s through 1945. In the decades following, new strains emerged, leading the U.S. surgeon general in 1960 to recommend annual vaccinations for people with chronic debilitating disease, those 65 and older, and pregnant women.

2. Adults need a booster for tetanus and diphtheria every 10 years.

- A. True**
- B. False



Fact: Adults who are not up to date with their 10-year tetanus/diphtheria booster vaccine are at increased risk of contracting these infections, which are uncommon but very serious. The CDC recommends vaccination with Tdap or Td every 10 years for all adults to continue to be protected against tetanus.

3. Only adults ages 75 and over are recommended to get the RSV vaccine.

- A. True
- B. False**



Fact: CDC recommends a single dose of RSV vaccine for all adults ages 75 and older and adults ages 60–74 at increased risk of severe RSV, which includes all adults living in a nursing home. Eligible adults can get an RSV vaccine at any time, but the best time to vaccinate is in late summer and early fall before RSV starts to spread in the community.

4. True or False. All COVID-19 vaccines are created using mRNA technology?

- A. True
- B. False**



5. If you have had COVID-19, you don't need a vaccine.

- A. True
- B. False**



Fact: Even if you've had COVID-19, you still need to roll up your sleeve. You can get it again because there are different varieties out there. Studies show the immunity you get from the vaccine is stronger — and sticks around longer — than the immunity from the virus itself. One study found that unvaccinated people who had COVID-19 were twice as likely to be reinfected, compared with their fully vaccinated counterparts.

6. Typical side effects from the COVID-19 vaccine are caused by:

- A. The virus in the vaccine
- B. An immune response**
- C. Age (older people are prone to more side effects)
- D. An allergy



Fact: You may experience some normal, mild side effects — most commonly, feeling lousy for a few days after getting vaccinated. Other side effects reported: tiredness, headache, muscle pain, joint pain, chills and fever and a sore arm. But, as is the case with other vaccines, it's simply your immune system responding like it should!

7. What vaccine must be updated most years in response to changes in the virus it protects us against?

- A. Pneumococcal Pneumonia vaccine
- B. Influenza vaccine**
- C. Tdap vaccine
- D. Shingles vaccine



Facts: An annual seasonal flu vaccine is the best way to help reduce the risk of getting the flu and any of its potentially serious complications. Because influenza viruses are constantly changing, the flu vaccine is updated annually to protect against the viruses that will be most common during the upcoming flu season.

8. Influenza, COVID-19 and RSV can all be spread by?

- A. Coughing and sneezing
- B. Touching eyes, nose or mouth with hands that are not clean
- C. Touching objects that have the virus on them and not washing hands



D. All the above

9. If you have already gotten an RSV vaccine, you do not need to get another one at this time.



- A. True**
- B. False

Fact: The RSV vaccine is not currently an annual vaccine, meaning eligible adults do not need to get a dose every RSV season. Evaluation is ongoing to determine whether adults might benefit from receiving additional RSV vaccine doses in the future.

10. The Tdap vaccine offers protection from which of these diseases?

- A. Tetanus
- B. Diphtheria
- C. Pertussis (whooping cough)



D. All of them

Fact: The Tdap vaccine is a triple whammy, protecting against tetanus and diphtheria, as well as offering an additional defense against whooping cough. Can't remember if you ever got the shot? Get it anyway. This three-in-one can count as one of the tetanus boosters you need to get every 10 years.

11. If you have already had the shingles, you don't need the vaccine.



- A. True
- B. False**

Fact: The CDC recommends that everyone 50 and older get the Shingrix vaccine, even if they had the older Zostavax, or if they've already had shingles. Older adults should also get this vaccine even if they don't know or remember having had chickenpox. Why: More than 99 percent of Americans over the age of 40 have been exposed to chicken pox, even if they don't remember it or had no visible outbreak or pox.

12. If you have had one pneumonia vaccine you don't need another?

- A. True
- B. False
- C. It depends on your age, medical history and vaccine history**
- D. I give up, it is too confusing



Fact: It really depends on a number of things. Everyone over 65 should have at least one, and maybe more. In the past few years, new and improved vaccines against pneumonia have become available. Which vaccine or vaccines you need are based on what you have already had. An immunizer can help you know if you have the best protection possible. But, if you don't remember or have the records, that's ok. It is ok to get another pneumonia vaccine. An extra will not hurt you.

13. I should have a "booster" pneumonia vaccine every year after I turn 65.

- A. True
- B. False**



Fact: There is not "five-year booster" recommended. Sometimes people confuse a different rule as an ongoing "five-year booster." The pneumonia vaccine has a five-year rule for someone who had a vaccine before turning 65 but needs another after 65. There is no need to get a booster every five years. However, with the new/improved vaccines available, you should talk with your immunizer about assuring you have had the most up-to-date protection available.

References:

<https://www.chop.edu/centers-programs/vaccine-update-healthcare-professionals/just-vax-toolkits>
CDC and AARP