



Immunization

TRIVIA KIT FOR SENIORS

IDEAS FOR ACTIVITIES

To assist in educating seniors on various immunizations they may need, improving health literacy and immunization rates, we have put together a few trivia questions, with answers and information related to the question/answers that can be used several ways.

TEAM TRIVIA

Many homes and community centers host Team Trivia night. Well, here are a group of trivia questions to choose from for your activity. Don't 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 probably a number of other "team" structures you can think of.

TRIVIA BOARD

- 1 Post questions one day. The answer the next and the educational piece the next.
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 each 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. Flu season illness was mild in 21-22 due to all the COVID-19 precautions. It was predicted to be (and has been) very bad in 22-23 because of what factors?
 - A. Australia's flu season—which is just ending—is often predictive of what will happen in the US
 - B. Many people haven't been exposed to the flu over the past few years due to COVID-19 restrictions
 - C. Many people don't get the flu vaccine
 - D. All the above
 3. How soon after getting your primary series (one or two doses, depending on the brand) of COVID vaccines should you wait to get your booster vaccine?
 - A. Two weeks
 - B. A month
 - C. Two months
 - D. Whenever you feel like it
 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 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. During flu season 21-22, the number of people age 65 and older who got the flu vaccine were:
 - A. Fewer if they lived in the south
 - B. 1.3% fewer than the year before (20-21)
 - C. 1.8% more than two years before (19-20)
 - D. All the above
 8. COVID 19 was first listed as a cause of death in 2020. It was the 2nd highest cause of death behind heart disease. What was the 9th highest cause of death?
 - A. Cancer
 - B. Lower respiratory illnesses
 - C. Accident/injury
 - D. Influenza/pneumonia
 9. In the 2022, which of these vaccines (in addition to COVID-19) are new or have had updated FDA approval or CDC recommendations?
 - A. Smallpox/monkeypox
 - B. Tdap (tetanus, diphtheria and acellular pertussis)
 - C. Pneumococcal
 - D. All of them
 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. I should have a "booster" pneumonia vaccine every year after I 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. Flu season illness was mild in 21-22 due to all the COVID-19 precautions. It was predicted to be (and has been) very bad in 22-23 because of what factors?

- A. Australia's flu season—which is just ending—is often predictive of what will happen in the US
- B. Many people haven't been exposed to the flu over the past few years due to COVID-19 restrictions
- C. Many people don't get the flu vaccine
- D. All the above**



Fact: Immunity to respiratory viruses like the flu, decreases over time. People have not seen the virus naturally for a couple of years and many individuals don't get the flu vaccine. This raises the risk that people who are unvaccinated against the flu will develop more severe cases if they do happen to get infected.

3. How soon after getting your primary series (one or two doses, depending on the brand) of COVID vaccines should you wait to get your booster vaccine?

- A. Two weeks
- B. A month
- C. Two months**
- D. Whenever you feel like it



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 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. During flu season 21-22, the number of people age 65 and older who got the flu vaccine were:

- A. Fewer if they lived in the south
- B. 1.3% fewer than the year before (20-21)
- C. 1.8% more than two years before (19-20)
- D. All the above**



Facts: People who live in the south tend to be less well vaccinated for flu vaccine than others throughout the nation. Overall, flu vaccine rates have gradually risen but dropped between 2019-2020 flu season and 20-21 flu season dropped considerably. However, they went up a lot in 21-22 flu season.

8. COVID 19 was first listed as a cause of in 2020. It was the 2nd highest cause of death behind heart disease. What was the 9th highest cause of death?

- A. Cancer
- B. Lower respiratory illnesses
- C. Accident/injury



D. Influenza/pneumonia

Fact: Influenza/pneumonia were the 9th highest cause of death for all ages. 92 of every 100,000 deaths are due to pneumonia. Many times, the initial illness is listed as cause of death, but pneumonia is a co-morbidity. There are new and improved immunizations and recommendations for both flu and pneumonia vaccines for people over 65. Are you up to date?

9. In the 2022, which of these vaccines (in addition to COVID-19) are new or have had updated FDA approval or CDC recommendations?

- A. Smallpox/monkeypox
- B. Tdap (tetanus, diphtheria and acellular pertussis)
- C. Pneumococcal



D. All of them

Fact: New vaccines are being created and different uses approved frequently. We just don't hear about it in the news like we did with COVID. In 2022, the FDA/CDC added or changed recommendations for new vaccines or new use of current vaccines for: Smallpox/Monkeypox; Tetanus/Diphtheria and acellular Pertussis; Measles, Mumps and Rubella; Meningococcal (meningitis); Pneumococcal (pneumonia); Cholera; Rabies; Hepatitis B; Ebola and Shingles.

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