

# Resident and Family Council

## The Importance of Vaccines for Older Adults



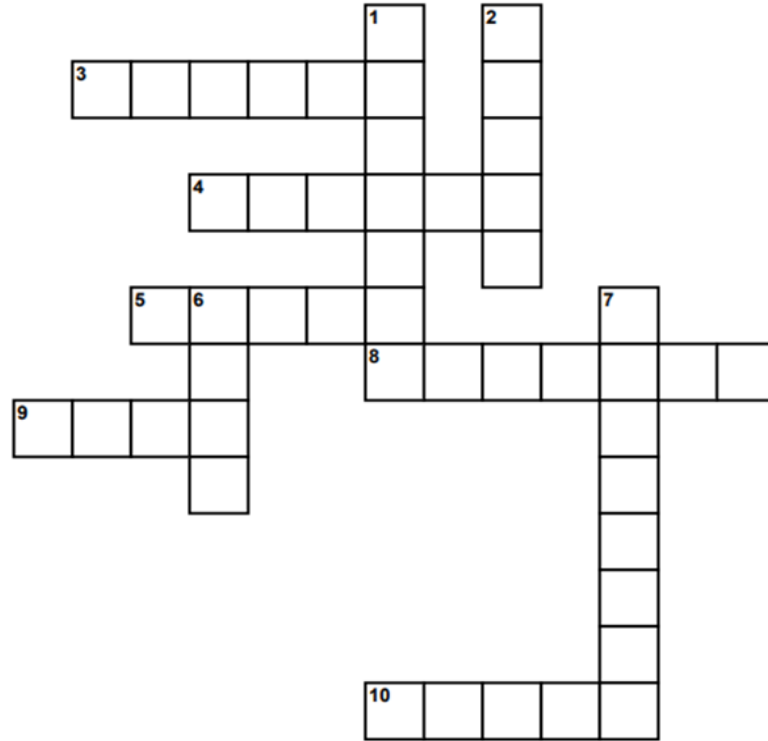
# Ice Breaker

What is your favorite seasonal tradition?



# Resident and Family Council Crossword Puzzle

Icebreaker Option



## Across

- [3] Contact your \_\_\_\_\_ if you have any concerns or are interested in more information
- [4] Your symptoms won't be as \_\_\_\_\_ if you get vaccinated.
- [5] This pandemic started in 2020 and is still here today.
- [8] A habit that should be stopped because it is bad for your
- [9] If you feel sick, you should try to stay away from others. True or False.
- [10] Always wash your \_\_\_\_\_ for 20 seconds.

## Down

- [1] Tell your \_\_\_\_\_ and friends to get vaccinated.
- [2] \_\_\_\_\_ your mouth and nose when you cough or sneeze.
- [6] You are at an increased risk for COVID-19, Flu, Pneumonia, or RSV if you are \_\_\_\_\_
- [7] You are more at risk if you have this sugar disease (also

## Word Bank

COVID                      OVER                      SEVERE                      SMOKING                      TRUE  
 DIABETES                      HANDS                      COVER                      FRIENDS                      DOCTOR

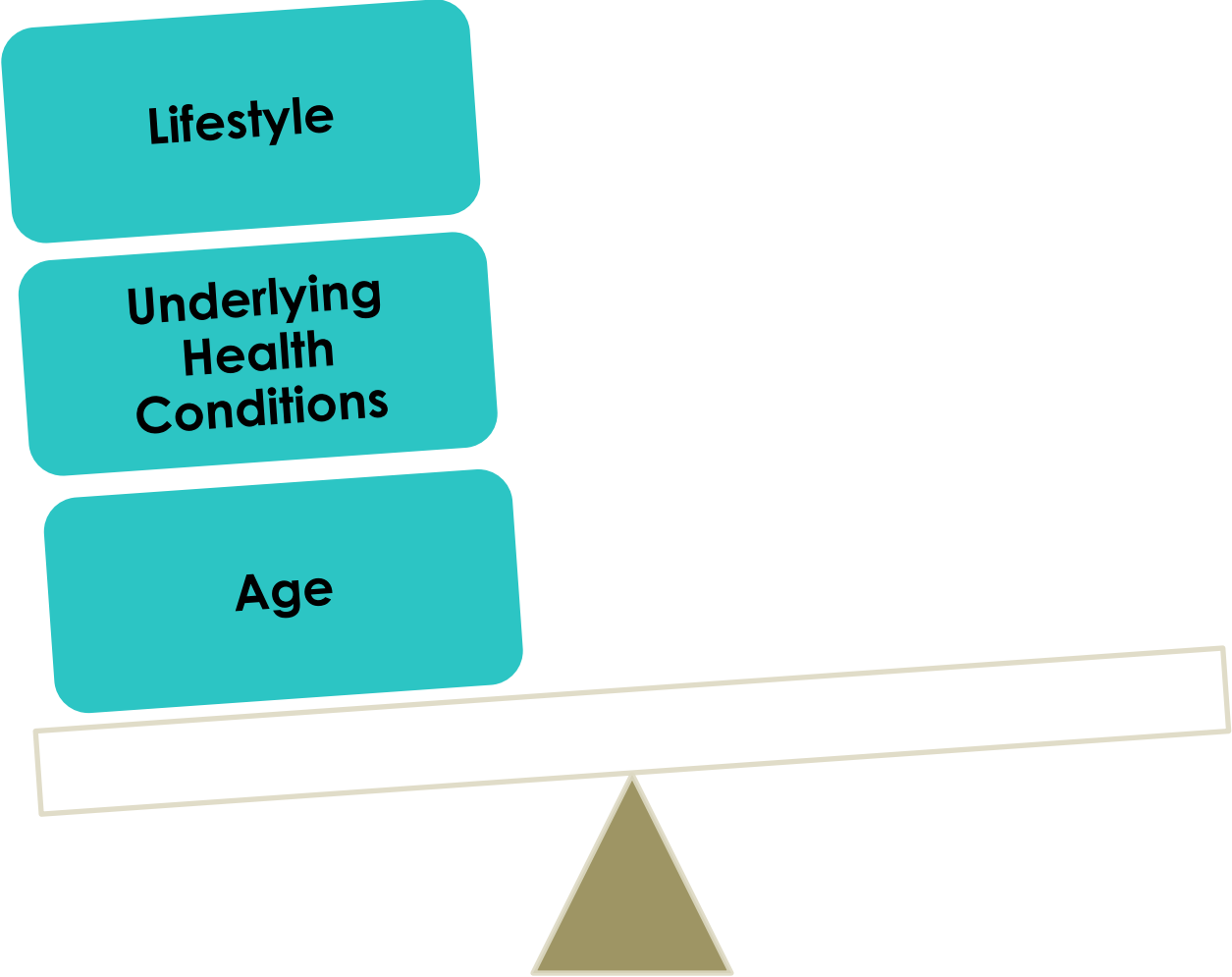
# Wellness Update



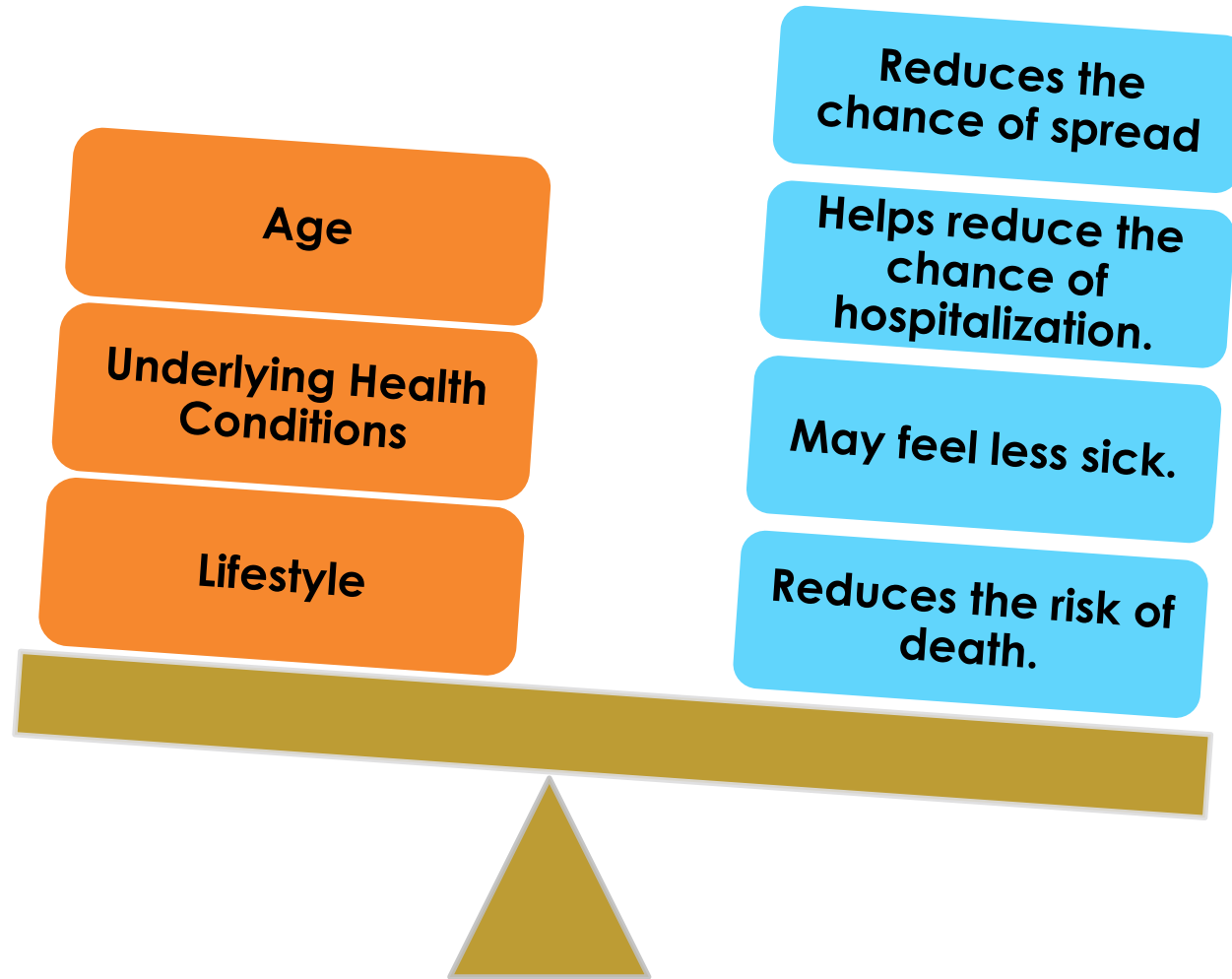
Our wellness goal is 100%  
vaccination.

Where are we today?

# What Tips the Scales Against Us?



# Get Vaccinated to Tip the Scale in Your Favor



# This Season, There Are More Ways Than Ever to Protect Our Health



## **Safe, Updated Vaccines:**

For the first time ever, vaccines and other preventive antibodies are available for all three major fall and winter respiratory viruses: flu, COVID-19, and RSV.



## **Widely Available Effective**

**Treatments:** Treatments available for flu and COVID-19 can reduce the risk of severe illness, hospitalization, and death.



## **Rapid Antigen Tests:**

These tests, some of which can be used at home, can quickly detect viruses so there are no delays in getting treatment and taking steps to protect family and coworkers.



## **Everyday Actions:**

Covering coughs and sneezes, frequent handwashing, wearing masks, improving air quality, and staying home if you are sick can help reduce the spread of respiratory viruses.

[2023-2024 Fall and Winter Virus Season Playbook Released by the Centers for Disease Control and Prevention \(CDC\) October 5, 2023](#)

# Let's Take the Flu From WILD to Mild!



- The flu is very contagious
- If “WILD” can cause severe illness that can lead to hospitalization or death.
- The best way to prevent flu is by getting a flu vaccine each year.
- Encourage your family, friends and visitors to get vaccinated too.



# COVID-19: What We Need to Know

- COVID-19 is contagious, and people are still dying
- COVID-19 vaccines are effective at protecting us from getting seriously ill, getting hospitalized and dying.
- Encourage your family, friends and visitors to get vaccinated too.

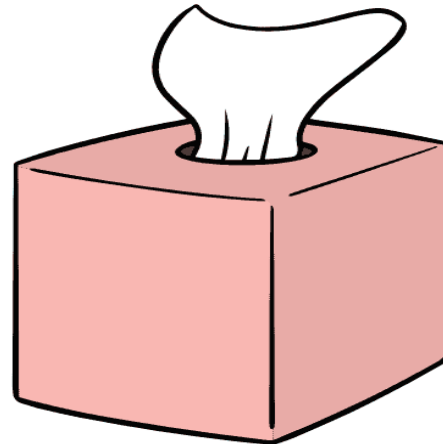
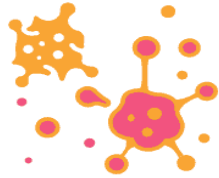


*Photo by Mick Haupt. Edited by CDC.*

# RSV: What Is It?

## WHAT IS RSV?

RSV (respiratory syncytial virus) is a highly contagious and common respiratory virus. RSV can cause cold-like symptoms such as runny nose and cough. In infants and older adults, RSV can cause difficulty breathing. RSV is the #1 cause of hospitalization of infants.



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# RSV (Respiratory Syncytial Virus) Vaccination

1

RSV is a common respiratory virus that causes mild, cold-like symptoms.

2

Underlying medical conditions and older age are associated with an increased risk of severe RSV infection.

3

If you live in a long-term care facility, you are at a higher risk for serious illness and complications from RSV.

4

The best way to prevent RSV is by getting an RSV vaccine.

5

Talk to your healthcare provider about the vaccine.

# Pneumococcal or Pneumonia Vaccine

Pneumococcal disease is a name for any infection caused by bacteria that can range from ear and sinus infections to pneumonia and bloodstream infections.

Adults 65 years or older with chronic health conditions have an increased risk for pneumococcal disease.

It can cause mild to severe illness that can lead to hospitalization or death.

Talk to your healthcare provider about the vaccine or if you have received the vaccine already.



# What Am I Sick With?

## IMUNIZACIÓN **What Am I Sick With?**

Many germs can cause a person to feel sick. Colds, flu, Respiratory Syncytial Virus (RSV) and COVID-19 can have similar signs and symptoms.

**If you feel sick, contact your health care provider or urgent care.**



What to Know	Cold	Flu	COVID-19	RSV
HOW IT STARTS	Starts slowly	Starts quickly	Starts 2-14 days after exposure	Starts 3-8 days after exposure
HEADACHE	Uncommon	Common	Sometimes	Common
FEVER	Uncommon	Common	Common	Common
BODY ACHES/PAINS	Sometimes	Common	Common	Uncommon
CHILLS	Uncommon	Common	Common	Common
TIREDFNESS/WEAKNESS	Sometimes	Common	Common	Common
RUNNY/STUFFY NOSE	Common	Sometimes	Sometimes	Common
SNEEZING	Common	Sometimes	Uncommon	Common
SORE/SCRATCHY THROAT	Common	Sometimes	Common	Common
CHEST DISCOMFORT/ COUGH	Common	Common	Common	Common
SHORTNESS OF BREATH/ DIFFICULTY BREATHING	Sometimes	Sometimes	Common	Common
NEW LOSS OF TASTE/SMELL	Uncommon	Uncommon	Common	Uncommon
DIARRHEA/ VOMITING	Uncommon	Sometimes	Sometimes	Uncommon
HAVING NO SYMPTOMS	Uncommon	Uncommon	Sometimes	Uncommon
IS THERE A TEST TO SEE IF I AM POSITIVE?	No	Yes	Yes	Yes
AVAILABLE TREATMENTS	No (OTC* items are available for comfort)	Yes	Yes	No (OTC* items are available for comfort)
VACCINATIONS	No	Yes	Yes	Yes

\*OTC = over-the-counter

SOURCE: <https://www.texashealth.org/-/media/Project/THR/Shared/Documents/PDFs/About-Us/COVID-19-Info/Understanding-the-Flu-English.pdf>

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## IMUNIZACIÓN **¿Con que me enfermé?**

Muchos gérmenes pueden hacer que una persona se sienta enfermo. Los resfriados, la gripe, el virus sincitial respiratorio (VSR) y el COVID-19 pueden tener signos y síntomas similares. **Si se siente enfermo, comuníquese con su proveedor de atención médica o con atención de urgencia.**



Qué saber	Resfriado	La gripe	COVID-19	VSR
Cómo se inicia	Comienza lentamente	Comienza rápidamente	Comienza de 2 a 14 días después de la exposición	Comienza 3-8 días después de la exposición
Dolor de cabeza	Poco común	Común	A veces	Común
Fiebre	Poco común	Común	Común	Común
Dolor de cuerpo	A veces	Común	Común	Poco común
Escalofríos	Poco común	Común	Común	Común
Cansancio y debilidad	A veces	Común	Común	Común
Congestión nasal y moqueo	Común	A veces	A veces	Común
Estornudos	Común	A veces	Poco común	Común
Dolor o picazón en la garganta	Común	A veces	Común	Común
Malestar en el pecho y tos	Común	Común	Común	Común
Dificultad para respirar o respiración agitada	A veces	A veces	Común	Común
Nueva pérdida del gusto o del olfato	Poco común	Poco común	Común	Poco común
Diarrea o vómitos	Poco común	A veces	A veces	Poco común
No tener síntomas	Poco común	Poco común	A veces	Poco común
¿Hay alguna prueba para ver si soy positivo?	No	Sí	Sí	Sí
Tratamientos disponibles	No (los artículos OTC* están disponibles para mayor comodidad)	Sí	Sí	No (los artículos OTC* están disponibles para mayor comodidad)
La vacunación	No	Sí	Sí	Sí

\*OTC = sin receta

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# Protect Yourself

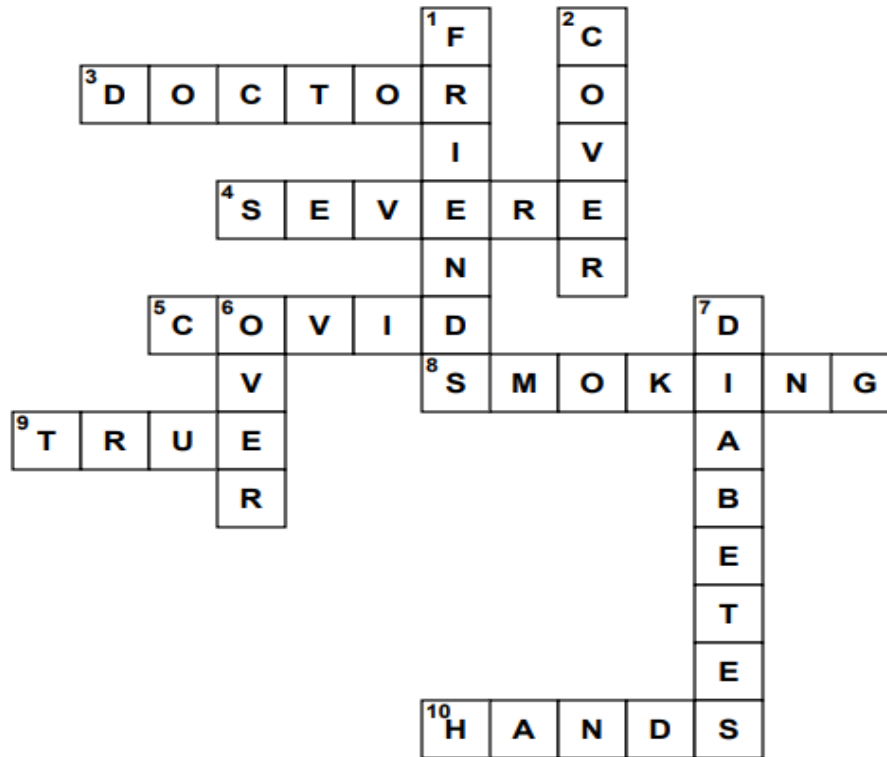
- Get vaccinated
- Encourage your family and friends to get vaccinated
- Always wash your hands with soap and water for at least 20 seconds, or use hand sanitizer
- Cover your mouth when you sneeze or cough
- Give yourself space when in lines or crowded places
- If you feel sick, talk to your doctor or nurse
- Ask people who enter your room to please wash their hands

**WHY WAIT!**

**Protect your family. Protect yourself.**

**Get VACCINATED today.**

# Solution



# Resident and Family Council Crossword Puzzle - Answer Key -

## Across

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Questions?





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