

# Resident and Family Council

## The Importance of Vaccines for Older Adults



Last Revised: 8/2024

# Ice Breaker (Option 1)

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Share a tradition or custom from your culture...



# Ice Breaker (Option 2)

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If you had a “magic bag” that you could fill with treasured memories, what would you put in it?

- A beloved pet?
- A favorite book?
- A bacon cheeseburger?
- Your '64 Cadillac convertible?
- The smell of movie theater popcorn?
- Your baseball card collection?



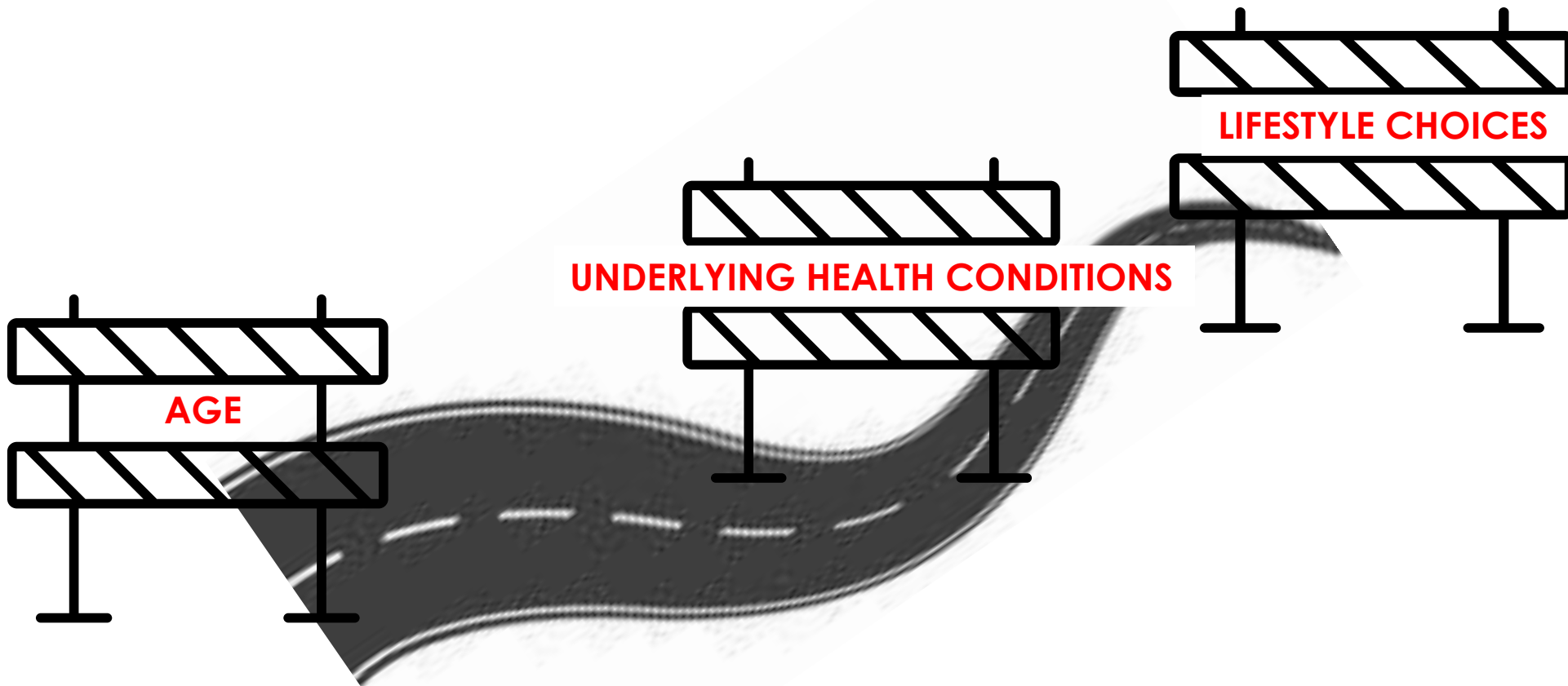
# Staying Healthy Update

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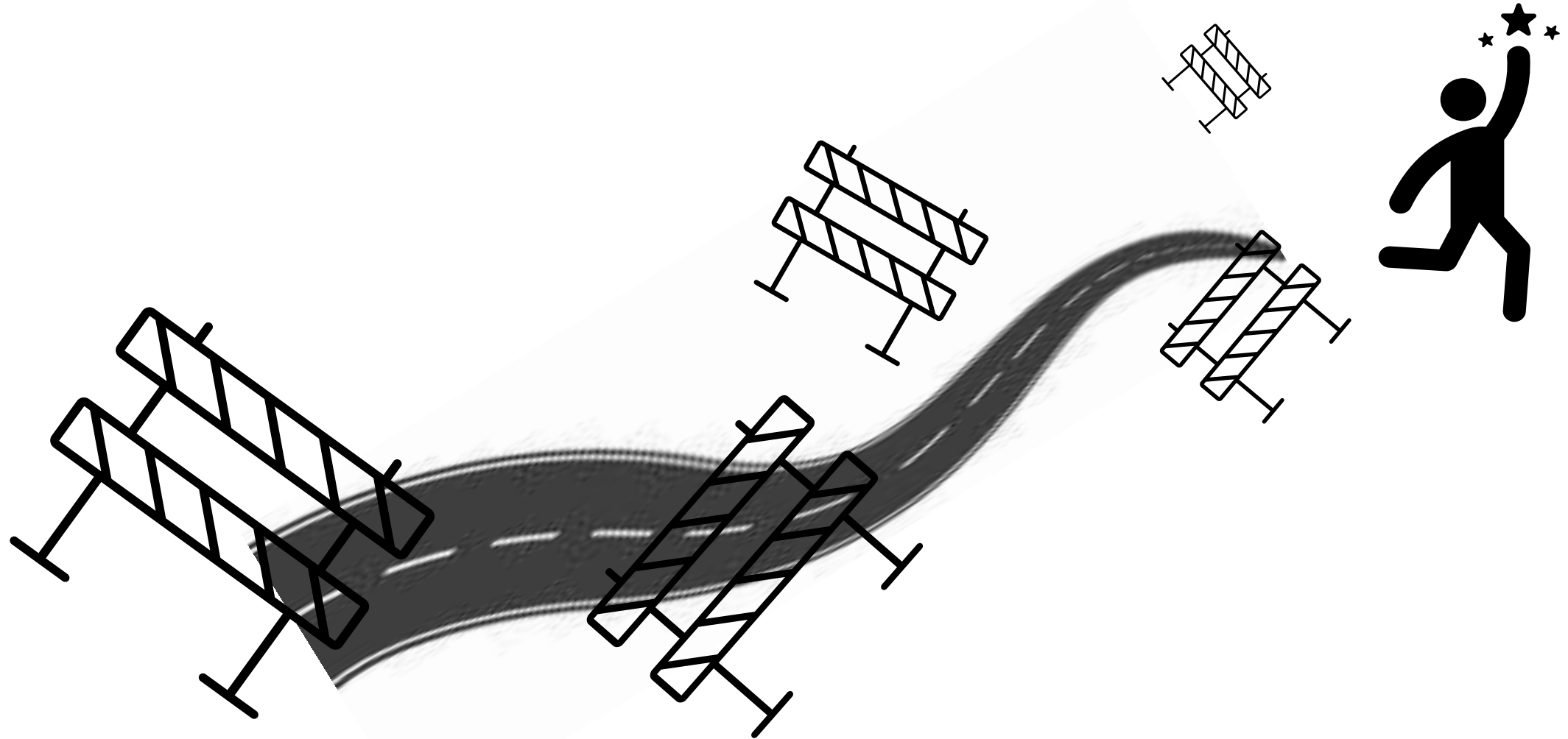


- Our wellness goal is 100% vaccination.
- Where are we today?

# What Are the Hurdles Blocking Our Road to Wellness?



# Let's Knock Down the Hurdles to Wellness by Getting Vaccinated



# There Are More Ways Than Ever To Protect Our Health

## INFLUENZA

## COVID-19

## RSV

## PNEUMOCOCCAL PNEUMONIA



**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.

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



- The flu is very contagious.
- The flu can cause severe illness that can lead to hospitalization or death.
- The best way to prevent the flu is to get 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!



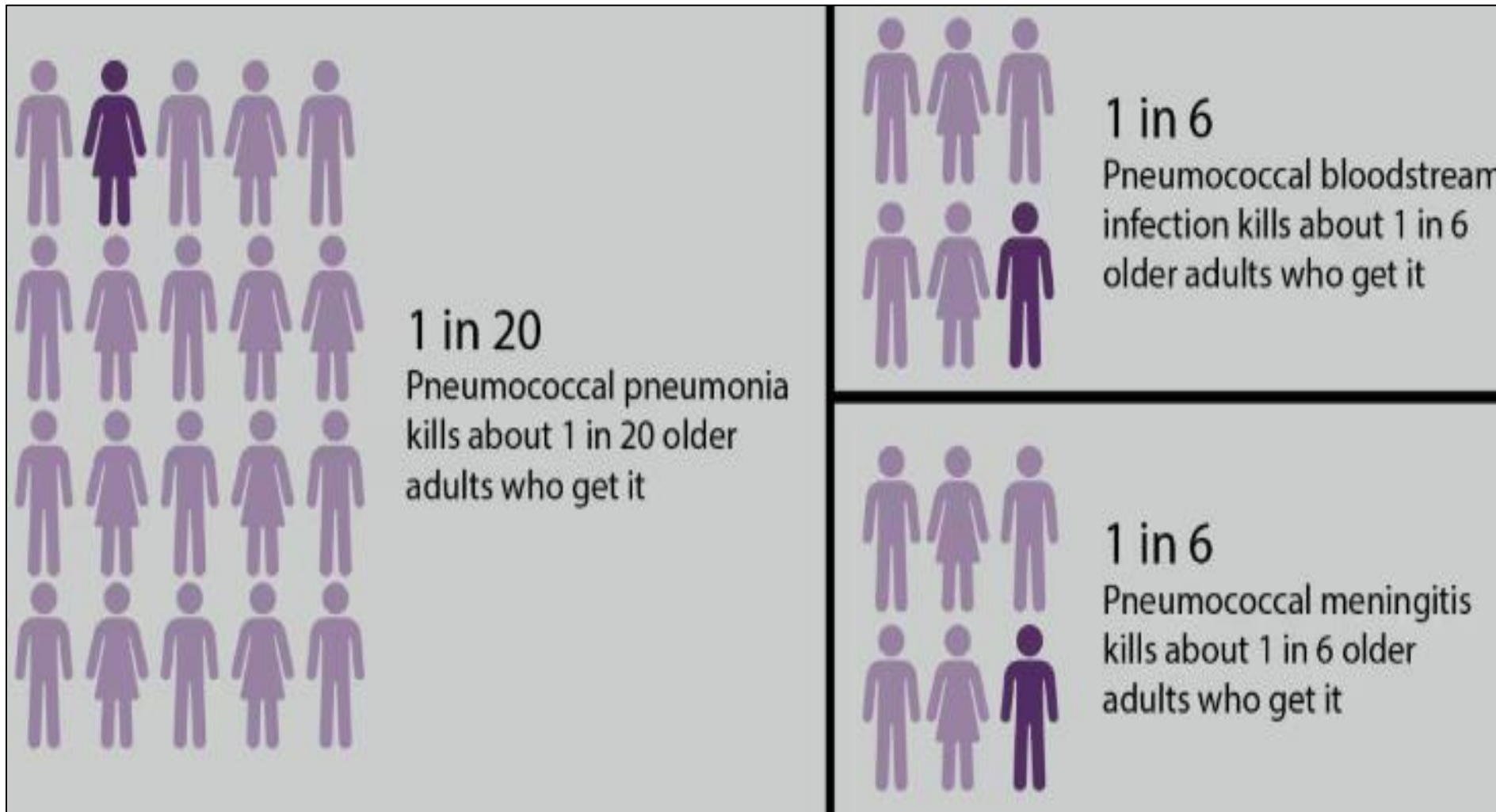
[CDC 2024-2025 Updated COVID-19 Vaccine Recommendation](#)

# RSV: What We Need to Know

- RSV can pose a serious risk to older adults, especially those with specific medical conditions like obesity or severe diabetes, elderly or frail individuals, and those residing in nursing homes.
- CDC recommends everyone ages 75 and older get an RSV vaccine.
- CDC recommends adults ages 60 to 74 who are at increased risk of severe RSV disease get an RSV vaccine.



# Pneumococcal, aka “Pneumonia” Vaccine



# 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
<b>HOW IT STARTS</b>	Starts slowly	Starts quickly	Starts 2-14 days after exposure	Starts 3-8 days after exposure
<b>HEADACHE</b>	Uncommon	Common	Sometimes	Common
<b>FEVER</b>	Uncommon	Common	Common	Common
<b>BODY ACHES/PAINS</b>	Sometimes	Common	Common	Uncommon
<b>CHILLS</b>	Uncommon	Common	Common	Common
<b>TIREDFNESS/WEAKNESS</b>	Sometimes	Common	Common	Common
<b>RUNNY/STUFFY NOSE</b>	Common	Sometimes	Sometimes	Common
<b>SNEEZING</b>	Common	Sometimes	Uncommon	Common
<b>SORE/SCRATCHY THROAT</b>	Common	Sometimes	Common	Common
<b>CHEST DISCOMFORT/ COUGH</b>	Common	Common	Common	Common
<b>SHORTNESS OF BREATH/ DIFFICULTY BREATHING</b>	Sometimes	Sometimes	Common	Common
<b>NEW LOSS OF TASTE/SMELL</b>	Uncommon	Uncommon	Common	Uncommon
<b>DIARRHEA/ VOMITING</b>	Uncommon	Sometimes	Sometimes	Uncommon
<b>HAVING NO SYMPTOMS</b>	Uncommon	Uncommon	Sometimes	Uncommon
<b>IS THERE A TEST TO SEE IF I AM POSITIVE?</b>	No	Yes	Yes	Yes
<b>AVAILABLE TREATMENTS</b>	No (OTC* items are available for comfort)	Yes	Yes	No (OTC* items are available for comfort)
<b>VACCINATIONS</b>	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
<b>Cómo se inicia</b>	Comienza lentamente	Comienza rápidamente	Comienza de 2 a 14 días después de la exposición	Comienza 3-8 días después de la exposición
<b>Dolor de cabeza</b>	Poco común	Común	A veces	Común
<b>Fiebre</b>	Poco común	Común	Común	Común
<b>Dolor de cuerpo</b>	A veces	Común	Común	Poco común
<b>Escalofríos</b>	Poco común	Común	Común	Común
<b>Cansancio y debilidad</b>	A veces	Común	Común	Común
<b>Congestión nasal y moqueo</b>	Común	A veces	A veces	Común
<b>Estornudos</b>	Común	A veces	Poco común	Común
<b>Dolor o picazón en la garganta</b>	Común	A veces	Común	Común
<b>Malestar en el pecho y tos</b>	Común	Común	Común	Común
<b>Dificultad para respirar o respiración agitada</b>	A veces	A veces	Común	Común
<b>Nueva pérdida del gusto o del olfato</b>	Poco común	Poco común	Común	Poco común
<b>Diarrea o vómitos</b>	Poco común	A veces	A veces	Poco común
<b>No tener síntomas</b>	Poco común	Poco común	A veces	Poco común
<b>¿Hay alguna prueba para ver si soy positivo?</b>	No	Sí	Sí	Sí
<b>Tratamientos disponibles</b>	No (los artículos OTC* están disponibles para mayor comodidad)	Sí	Sí	No (los artículos OTC* están disponibles para mayor comodidad)
<b>La vacunación</b>	No	Sí	Sí	Sí

\*OTC = sin receta

La fuente: <https://www.texashealth.org/-/media/Project/THR/shared/Documents/PDFs/About-Us/COVID-19-Info/Understanding-the-Flu-Spanish.pdf>

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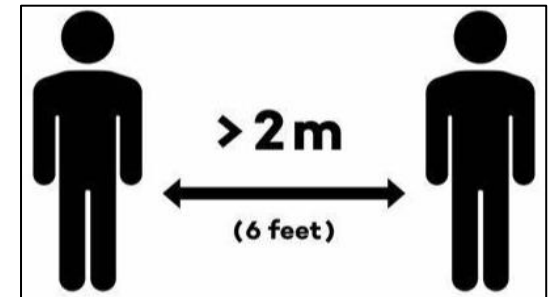
ENGLISH



SPANISH

# 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



# Questions?

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# Making Health Care Better Together



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