



**AUGUST 2020**

## VACCINATION AWARENESS MONTH

**The ongoing COVID-19 pandemic is a reminder of the importance of vaccination.** Routine vaccination is an essential preventive care service for children, adolescents, and adults (including pregnant women) that should not be delayed because of the COVID-19 pandemic.

**Due to COVID-19, the CDC found a troubling drop in routine childhood and adult vaccinations** as a result of families staying at home. While families followed public health warnings about going out, an unfortunate result was many missed routine vaccinations. During the



COVID-19 outbreak, it is especially important for you to work with your family's medical providers to make sure your entire family is up to date on all the vaccines needed to stay healthy.

**You have the power to protect yourself and your family against these serious diseases through on-time vaccination.**

- Polio
- The Flu (Influenza)
- Hepatitis A
- Hib (Haemophilus influenzae type b)
- Whooping Cough (Pertussis)
- Rotavirus
- Chickenpox
- HPV (Human papillomavirus)
- Tetanus
- Hepatitis B
- Rubella
- Measles
- Pneumococcal Disease
- Mumps
- Diphtheria
- Shingles

### GET THE RIGHT VACCINES

Some health conditions can make it harder for you to fight off vaccine-preventable diseases like pneumococcal disease or the flu. They can also make it more likely that you'll have serious complications or die from those diseases. If you have any of these long-term health conditions — it's very important to get the right vaccines.



**DIABETES**



**HEART DISEASE**



**LUNG DISEASE**



**LIVER DISEASE**



**RENAL DISEASE**



**HIV**

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## SUCCESS STORY

“Every time I am in the program - I learn something new and improve my health. My Nurse Health Advocate taught me about adjusting my carb count, factoring the fiber. It helped me better manage my insulin dose and reduce my A1c.”

### MIKE DICKINSON, AGE 57

**Starting A1c:** 7.8%  
**Current A1c:** 6.7%

Nurse Health Advocate, Kathy called Mike for the My Health/My Choices Program and reviewed his health history. He was diagnosed with diabetes at age 11 and his last A1c level was 7.8%. Although he said that his doctor was comfortable with that, both Kathy and Mike wanted to get it a little lower.

Michael indicated that the Nurse Health Advocates are “**helpful, knowledgeable, nice, and supportive.**” They are part of your medical team and follow up on results from doctor and specialist visits. They focused on my whole health including stress, mental health, sleep, family dynamics and also the impact of COVID-19. “**The program is valuable and I wanted to share my story to encourage others to participate to improve their health.**”



## VACCINES ADULTS NEED IF THEY HAVE CHRONIC CONDITIONS

People with chronic health conditions are at higher risk for COVID-19. People managing ongoing health issues need to pay especially close attention to their immunizations and vaccine schedule. Every year thousands of adults with chronic conditions get sick and or die from diseases that could be prevented by vaccines.

### Vaccines adults need if they have the following conditions:

	INFLUENZA	PNEUMOCOCCAL	TDAP	HEP B	SHINGLES	HPV SERIES	TD
DIABETES	✓	✓	✓	✓	✓		
HEART DISEASE	✓	✓	✓		✓		
STROKE	✓	✓	✓		✓		
CARDIOVASCULAR DISEASE	✓	✓	✓		✓		
LUNG DISEASE & ASTHMA	✓	✓	✓		✓		
IMMUNOCOMPROMISING CONDITIONS	✓	✓	✓			✓	
NO CHRONIC CONDITIONS	✓		✓				✓*

#### Influenza vaccine

To protect against seasonal flu every year

#### Pneumococcal vaccine

To protect against serious pneumococcal diseases

#### TDAP vaccine

To protect against tetanus, diphtheria, and whooping cough

#### HEP B vaccine

To protect against hepatitis B

#### Shingles vaccine

To protect against shingles

#### HPV vaccine series

To protect against human papillomavirus if you are a man or woman up to age 26 years

#### Td vaccine

To protect against tetanus

**Check with your Dr. since additional vaccination needs vary and are determined by your individual factors such as age, job, lifestyle, travel habits, and past vaccinations.**

For more information on vaccinations and chronic conditions please visit <https://www.cdc.gov/features/vaccineschronicconditions/index.html>

\* If you receive Tdap vaccine – you don't need Td vaccine.