



SENIOR HOMECARE BY ANGELS  
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Information &  
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## COMMUNITY RESOURCE BULLETIN

# August: Immunization Awareness Month

## Seniors, Prevent Illness by Becoming Vaccinated

*Each year, thousands of older adults may become ill or die of diseases that may be prevented by vaccines*



Visiting Angels is proud to participate in National Immunization Awareness Month as a way to remind older adults of the importance of becoming immunized. All adults should be protected against flu, whooping cough, tetanus, shingles, and pneumococcal disease. According to the Centers for Disease Control and Prevention (CDC), pneumonia and influenza rank in the top 10 causes of death for seniors. People over 65 who have chronic conditions such as diabetes, asthma, heart disease, or COPD, are particularly encouraged to become vaccinated as they're at a greater risk. Medicare may cover these vaccines: flu, pneumococcal, hepatitis B, shingles, MMR (measles), and Tdap. By making sure their immunizations are current, seniors can live a longer, stronger life and protect others by preventing the spread of disease.

**Always check with your health care professional before getting vaccinated.**

**PNEUMONIA VACCINE:** Pneumococcal disease is spread through the air, person-to-person. It is recommended that people over 65 should get two types of pneumococcal vaccines.

**FLU VACCINE:** Since the flu virus changes from year-to-year, adults should get a flu shot each September or October.

**TETANUS VACCINE:** Tetanus bacteria enters the body through cuts in the skin. Adults should get a tetanus shot every 10 years.

**SHINGLES VACCINE:** If you've had chickenpox in the past, you can develop shingles. At least 1 million people a year get shingles in the U.S. A shingles vaccine can reduce the risk of getting shingles by 90%. Two doses of the vaccine, 2-6 months apart, is recommended for those 50+.

**Td/Tdap VACCINE:** Protects against tetanus, diphtheria, and pertussis (whooping cough). Adults may unknowingly pass the whooping cough infections to babies, which can be deadly.

**Phone: (609) 883-8188**

**[www.VisitingAngels.com/burling-merc](http://www.VisitingAngels.com/burling-merc)**

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# 3 Important Reasons For Adults to Get Vaccinated

You may not realize that you need vaccines throughout your adult life. Vaccines are still important to your health and here are just three reasons why.

## 1. You may be at risk for serious diseases that are still common in the U.S.

Each year thousands of adults in the United States get sick from diseases that could be prevented by vaccines — some people are hospitalized, and some even die.

Even if you got all your vaccines as a child, the protection from some vaccines can wear off over time. You may also be at risk for other diseases due to your age, job, lifestyle, travel, or health conditions.

## 2. You can't afford to risk getting sick.

Even healthy people can get sick enough to miss work or school. If you're sick, you may not be able to take care of your family or other responsibilities.

## 3. You can protect your health and the health of those around you by getting the recommended vaccines.

### Vaccines lower your chance of getting sick.

Vaccines work with your body's natural defense to lower the chances of getting certain diseases as well as suffering complications from these diseases.

### Vaccines lower your chance of spreading certain diseases.

There are many things you want to pass on to your loved ones; a vaccine preventable disease is not one of them. Infants, older adults, and people with weakened immune systems (like those undergoing cancer treatment) are especially vulnerable to vaccine preventable diseases.

### Vaccines are one of the safest ways to protect your health.

Vaccine side effects are usually mild and go away on their own. Severe side effects are very rare.

## Getting Vaccinated

Adults can get vaccines at doctors' offices, pharmacies, workplaces, community health clinics, health departments, and other locations. To find a vaccine provider near you, go to [vaccine.healthmap.org](http://vaccine.healthmap.org).

Most health insurance plans cover the cost of recommended vaccines. Check with your insurance provider for details and for a list of vaccine providers. If you do not have health insurance, visit [www.healthcare.gov](http://www.healthcare.gov) to learn more about health coverage options.



## What vaccines do you need?

All adults should get:

- Flu vaccine every year to protect against seasonal flu
- Td/Tdap to protect against tetanus, diphtheria, and pertussis (whooping cough)

Based on your age, health conditions, vaccines you received as a child, and other factors, you may need additional vaccines such as:

- Chickenpox
- Hepatitis A
- Hepatitis B
- Human Papillomavirus (HPV)
- MMR
- Meningococcal
- Pneumococcal
- Shingles

Traveling overseas? There may be additional vaccines you need. Find out at: [www.cdc.gov/travel](http://www.cdc.gov/travel)

**DON'T WAIT.  
VACCINATE!**



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

## INFORMATION SERIES FOR ADULTS

Diseases and the vaccines that help prevent them	How the disease can affect you
<b>Influenza “Flu”</b> Seasonal flu vaccine	Fever or feeling feverish/chills, cough, headache, runny or stuffy nose, sore throat, muscle or body aches, and fatigue (very tired), and some people may have vomiting and diarrhea, though this is more common in children than adults. <b>Disease Complications:</b> Pneumonia (infection in the lungs), worsening of chronic health conditions, hospitalization, possibly resulting in disability, or even death
<b>Hepatitis A</b> Hep A vaccine	Fever, tiredness, stomach pain, loss of appetite, vomiting, jaundice (yellowing of skin and eyes), and dark urine; however, there may be no symptoms. <b>Disease Complications:</b> Liver failure; arthralgia (joint pain); and kidney, pancreatic, and blood disorders
<b>Hepatitis B</b> Hep B vaccine	Flu-like illness with loss of appetite, fever, tiredness, weakness, nausea, vomiting, jaundice, and joint pain; however, there may be no symptoms. <b>Disease Complications:</b> Chronic liver infection, liver failure, and liver cancer
<b>Human Papillomavirus (HPV)</b> HPV vaccine	Frequently, there are no symptoms for years until cancer appears. <b>Disease Complications:</b> Cervical cancer in women, anal cancer, and genital warts in both women and men
<b>Measles</b> MMR	Fever, runny nose, cough and a rash all over the body. <b>Disease Complications:</b> Ear infection, pneumonia, swelling in the brain due to infection, or even death
<b>Meningococcal Disease</b> Meningococcal vaccine	Nausea, vomiting, stiff neck, fever, headache, increased sensitivity to light, confusion, tiredness, and rash. <b>Disease Complications:</b> Brain damage, loss of arms or legs, loss of hearing, seizures, strokes, or even death
<b>Pneumococcal Disease</b> Pneumococcal vaccine	Fever, chills, difficulty breathing, chest pain, stiff neck, earache, increased sensitivity to light, and cough. <b>Disease Complications:</b> Infections of the lung, middle ear, or sinuses, heart problems, brain damage, loss of hearing, loss of arms or legs, or even death
<b>Shingles</b> Zoster vaccine	Painful rash on one side of the face or body, which blisters and then typically scabs, headache, fever, chills, and upset stomach. <b>Disease Complications:</b> Severe pain that can last for months or years after the rash goes away, pneumonia, loss of eyesight and hearing, or even death
<b>Tetanus</b> Td/Tdap vaccine	Serious, painful spasms and stiffness of all muscles, lockjaw (difficulty opening mouth), difficulty swallowing or breathing, muscle spasms, and fever. <b>Disease Complications:</b> Broken bones, breathing difficulty, or even death
<b>Whooping Cough (Pertussis)</b> Tdap vaccine	Prolonged cold symptoms (cough and runny nose) leading to violent coughing or choking making it hard to breathe, drink, or eat. <b>Disease Complications:</b> Rib fractures, pneumonia, or even death

For a full list of all diseases that can be prevented by vaccines, visit: [www.cdc.gov/vaccines/vpd-vac](http://www.cdc.gov/vaccines/vpd-vac)

# DON'T WAIT. VACCINATE!

Talk with your healthcare professional to make sure you are up-to-date with the vaccines recommended for you.

For more information on vaccines or to take an adult vaccine quiz to find out which vaccines you might need, go to [www.cdc.gov/vaccines/adults](http://www.cdc.gov/vaccines/adults).



# AgePage

## Shots for Safety

There are many shots, or vaccinations, that may keep you from getting sick. Some of these shots may also protect you from getting a serious form of an illness. Here is a list of shots that may keep you healthy. Talk to your doctor about which ones you need.

### Flu

Flu is the short name for influenza. It can cause fever, chills, sore throat, and stuffy nose, as well as headache and muscle aches. It's easy to pass from person to person. Flu is very serious when it gets in your lungs. That's why it's important for everyone 6 months and older to get the flu shot each year.

You need a flu shot every year for two reasons. First, flu viruses change. Each year's virus may be just a little different. If the virus changes, the vaccine used in the flu shot is changed. Second, the protection you get from a flu shot lessens with time, especially in older people.

It takes a while for the flu shot to start protecting you, so you should get your flu shot between September and November. Then you will be protected when the winter flu season starts.

### Pneumococcal Disease

Pneumococcal disease is a serious infection that is spread from person to person by droplets in the air. It can cause pneumonia in your lungs, or it can affect other parts of the body. People 65 and older should

get a pneumococcal shot. It's safe and can be given at the same time as the flu shot. Most people only need the shot once. But, if you were younger than 65 when you had the shot, you may need a second shot to stay protected.

### Remember....

Some illnesses or treatments can weaken your immune system. It's important to talk to a doctor who knows your health history before taking any vaccine.

### Tetanus And Diphtheria

Getting a shot is the best way to keep from getting tetanus and diphtheria. Tetanus (sometimes called lockjaw) is caused by bacteria found in soil, dust, and manure. It enters the body through cuts in the skin.

Diphtheria is also caused by bacteria. It can affect the tonsils, throat, nose, or skin. It can spread from person to person. Diphtheria is a very serious illness.

Most people get their first shots for tetanus and diphtheria as children. For adults, a booster shot keeps you protected; it's important to get it every 10 years. Ask your doctor if you need a booster shot.

### Shingles

If you had chickenpox when you were young, the virus is still in your body. When you are older, the virus may become active again, and you can develop shingles. Shingles causes a rash or blisters on the body or face. It can be a very painful disease. Even when the rash disappears, the pain can stay. Now there is a shot for people 50 or older that may prevent shingles. Ask your doctor if you should get the shingles vaccine.

*Continued on reverse →*

## Measles, Mumps, And Rubella

The vaccine given to children to prevent measles, mumps, and rubella has made these diseases rare. Measles, mumps, and rubella are often more serious in adults than in children. If you don't know if you've had the diseases or the shot, you can still get the vaccine.

## Side Effects Of Shots

Common side effects for all these shots are mild and include pain, swelling, or redness on the arm where the shot was given. It's a good idea to keep your own shot record listing the types and dates of your shots, as well as any side effects or problems.

## Travel

Check with your doctor or local health department about the shots that you need if you're going to travel to other countries. Sometimes a series of shots is needed. It's best to get them early, at least 2 weeks before your travel. For more information, visit the Centers for Disease Control and Prevention website, or call the information line for international travelers at 1-800-232-4636.



## Keep Up-to-Date

Most of the illnesses listed in this fact sheet are hard on adults. Take the time to protect yourself by keeping your vaccinations up-to-date.

## For More Information

*Here are some helpful resources:*

American Lung Association  
1301 Pennsylvania Avenue, NW  
Suite 800  
Washington, DC 20004  
1-800-586-4872 (toll-free)  
[www.lung.org](http://www.lung.org)

Centers for Disease Control and Prevention  
1600 Clifton Road  
Atlanta, GA 30333  
1-800-232-4636 (toll-free)  
1-888-232-6438 (TTY/toll-free)  
[www.cdc.gov](http://www.cdc.gov)  
[www.flu.gov](http://www.flu.gov)

National Institute of Allergy and Infectious Diseases  
5601 Fishers Lane, MSC 9806  
Bethesda, MD 20892-9806  
1-866-284-4107 (toll-free)  
1-800-877-8339 (TTY/toll-free)  
[www.niaid.nih.gov](http://www.niaid.nih.gov)

Visit [www.nihseniorhealth.gov](http://www.nihseniorhealth.gov), a senior-friendly website from the National Institute on Aging and the National Library of Medicine. This website has health and wellness information for older adults. Special features make it simple to use. For example, you can click on a button to make the type larger.

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Human Services  
Public Health Service  
National Institutes of Health



# Recombinant Zoster (Shingles) Vaccine, RZV: What You Need to Know

Many Vaccine Information Statements are available in Spanish and other languages. See [www.immunize.org/vis](http://www.immunize.org/vis)

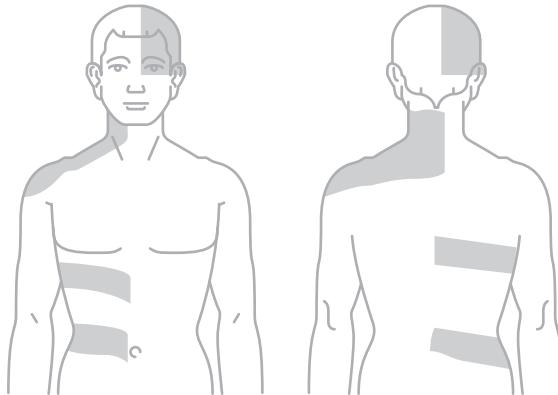
Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite [www.immunize.org/vis](http://www.immunize.org/vis)

## 1 Why get vaccinated?

**Shingles** (also called herpes zoster, or just zoster) is a painful skin rash, often with blisters. Shingles is caused by the varicella zoster virus, the same virus that causes chickenpox. After you have chickenpox, the virus stays in your body and can cause shingles later in life.

You can't catch shingles from another person. However, a person who has never had chickenpox (or chickenpox vaccine) could get chickenpox from someone with shingles.

A shingles rash usually appears on one side of the face or body and heals within 2 to 4 weeks. Its main symptom is pain, which can be severe. Other symptoms can include fever, headache, chills, and upset stomach. Very rarely, a shingles infection can lead to pneumonia, hearing problems, blindness, brain inflammation (encephalitis), or death.



For about 1 person in 5, severe pain can continue even long after the rash has cleared up. This long-lasting pain is called post-herpetic neuralgia (PHN).

Shingles is far more common in people 50 years of age and older than in younger people, and the risk increases with age. It is also more common in people whose immune system is weakened because of a disease such as cancer, or by drugs such as steroids or chemotherapy.

At least 1 million people a year in the United States get shingles.

## 2

## Shingles vaccine (recombinant)

Recombinant shingles vaccine was approved by FDA in 2017 for the prevention of shingles. In clinical trials, it was more than 90% effective in preventing shingles. It can also reduce the likelihood of PHN.

Two doses, 2 to 6 months apart, are recommended for **adults 50 and older**.

This vaccine is also recommended for people who have already gotten the live shingles vaccine (Zostavax). There is no live virus in this vaccine.

## 3

## Some people should not get this vaccine

Tell your vaccine provider if you:

- **Have any severe, life-threatening allergies.** A person who has ever had a life-threatening allergic reaction after a dose of recombinant shingles vaccine, or has a severe allergy to any component of this vaccine, may be advised not to be vaccinated. Ask your health care provider if you want information about vaccine components.
- **Are pregnant or breastfeeding.** There is not much information about use of recombinant shingles vaccine in pregnant or nursing women. Your healthcare provider might recommend delaying vaccination.
- **Are not feeling well.** If you have a mild illness, such as a cold, you can probably get the vaccine today. If you are moderately or severely ill, you should probably wait until you recover. Your doctor can advise you.

**Continued on reverse →**



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## 4 Risks of a vaccine reaction

With any medicine, including vaccines, there is a chance of reactions.

After recombinant shingles vaccination, a person might experience:

- Pain, redness, soreness, or swelling at the site of the injection
- Headache, muscle aches, fever, shivering, fatigue

In clinical trials, most people got a sore arm with mild or moderate pain after vaccination, and some also had redness and swelling where they got the shot. Some people felt tired, had muscle pain, a headache, shivering, fever, stomach pain, or nausea. About 1 out of 6 people who got recombinant zoster vaccine experienced side effects that prevented them from doing regular activities. Symptoms went away on their own in about 2 to 3 days. Side effects were more common in younger people.

You should still get the second dose of recombinant zoster vaccine even if you had one of these reactions after the first dose.

### Other things that could happen after this vaccine:

- People sometimes faint after medical procedures, including vaccination. Sitting or lying down for about 15 minutes can help prevent fainting and injuries caused by a fall. Tell your provider if you feel dizzy or have vision changes or ringing in the ears.
- Some people get shoulder pain that can be more severe and longer-lasting than routine soreness that can follow injections. This happens very rarely.
- Any medication can cause a severe allergic reaction. Such reactions to a vaccine are estimated at about 1 in a million doses, and would happen within a few minutes to a few hours after the vaccination.

As with any medicine, there is a very remote chance of a vaccine causing a serious injury or death.

The safety of vaccines is always being monitored. For more information, visit: [www.cdc.gov/vaccinesafety/](http://www.cdc.gov/vaccinesafety/)

## 5 What if there is a serious problem?

### What should I look for?

- Look for anything that concerns you, such as signs of a severe allergic reaction, very high fever, or unusual behavior.

Signs of a **severe allergic reaction** can include hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, and weakness. These would usually start a few minutes to a few hours after the vaccination.

### What should I do?

- If you think it is a **severe allergic reaction** or other emergency that can't wait, call 9-1-1 and get to the nearest hospital. Otherwise, call your health care provider.

Afterward, the reaction should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your doctor should file this report, or you can do it yourself through the VAERS web site at [www.vaers.hhs.gov](http://www.vaers.hhs.gov), or by calling 1-800-822-7967.

VAERS does not give medical advice.

## 6 How can I learn more?

- Ask your healthcare provider. He or she can give you the vaccine package insert or suggest other sources of information.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC):
  - Call 1-800-232-4636 (1-800-CDC-INFO) or
  - Visit CDC's website at [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

Vaccine Information Statement  
**Recombinant Zoster Vaccine**

2/12/2018



Office use only

# Flu and Pneumonia Vaccination Myths

There are many common misconceptions about flu and pneumonia vaccinations, oftentimes deterring people from obtaining a vaccine that could protect them. Whether in a community housing environment or one's own home, it remains equally important for those over age 50 to receive vaccinations to help prevent illness.

Below is some information to help dispel the myths often associated with the flu and pneumonia vaccines.

## **MYTH: I am afraid that I will get the flu from the influenza vaccine.**

It is not possible to get influenza from the flu shot. The vaccine is made from a killed virus which is not capable of causing the disease. \*NOTE: the nasal spray vaccine is a live but weakened virus and is not recommended for adults over 50.

## **MYTH: I took the flu vaccine one year and I got the flu anyway! I don't think the flu vaccine works.**

The flu vaccine is not 100% effective in preventing flu. It is possible for some people to still get influenza after taking the flu shot. These people usually get a milder case of the flu than they otherwise would get. The risk of hospitalization and death from complications of influenza is also greatly reduced.

Protection from influenza vaccine usually begins within two weeks of receiving the vaccine. Therefore, it is possible to get influenza before the vaccine has had time to achieve its maximum effect.

The flu vaccine protects against influenza. Sometimes, people use the term "flu" in a general way to refer to a wide range of diseases. For example, someone may say that they had a case of "stomach flu" recently. Respiratory infections and colds are sometimes confused with influenza as well. The influenza vaccine protects only against a specific disease caused by the influenza virus. It does not protect against colds, other respiratory infections, or similar conditions. However, by reducing the incidence and severity of influenza, the flu vaccine can reduce complications of influenza, which might include respiratory infections.

## **Typical influenza illness includes abrupt onset of**

- high fever
- muscle and joint pain
- a dry cough
- headache
- runny nose
- sore throat
- chills

Unlike other common respiratory infections, influenza can cause extreme fatigue lasting several days to weeks.

## **MYTH: A friend of mine took the pneumonia shot and she got pneumonia anyway. I don't think the pneumonia vaccine really works.**

The pneumonia vaccine is not 100% effective in preventing pneumonia due to all causes. The pneumonia vaccine actually protects against infections caused by a bacterium called *Streptococcus pneumoniae*. The vaccine has been proven effective against blood-borne infections of *S. pneumoniae* which occur frequently among persons 65 years and older. Pneumonia due to other infections, or due to aspiration, cannot be prevented with the so-called "pneumonia vaccine." However, the vaccine is about 50% effective in preventing complications of pneumococcal pneumonia (such as blood and brain infections) and death.

\* Information provided by the 100% Immunization Campaign, a group of organizations that share an interest in promoting immunization practices in older adults and long-term care settings. [www.immunizeseniors.org](http://www.immunizeseniors.org)

# Vaccination Word Find

S	F	I	S	P	R	T	D	L	P	E	X	L	H	E	G	A	T	Y	A
A	N	A	N	O	H	I	E	E	G	O	W	A	E	V	M	S	R	X	Y
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MEASLES  
TRAVEL