

Keep the workplace healthy!

Learn about the vaccines offered at your event.

Influenza (Flu)

Influenza is a contagious respiratory illness caused by influenza A or B Virus. The flu virus spreads from person to person via tiny respiratory droplets produced with a cough, sneeze or talking. A person may also get the flu by touching surfaces or objects that have flu virus on them and then touching their own mouth, nose, or even eyes.

You may be able to spread flu to someone else before you know you are sick. People with the flu are most contagious 3-4 days after their illness begins.

Everyone is recommended to receive the flu vaccine once it becomes available and for as long as flu viruses continue to circulate.

Measles, Mumps, & Rubella (MMR)

Measles, mumps, & rubella are serious and highly contagious viral diseases. They are spread through airborne droplets when an infected person coughs or sneezes. Symptoms include cough, runny nose, fever, & headache.

Adults who do not have evidence of immunity or proof should receive the vaccine. It is recommended 2 doses of MMR, separated by at least 28 days, will build life-long immunity.

Tetanus, Diphtheria, & Pertussis (Tdap)

Tetanus occurs when toxin-producing bacteria enters the skin through scratches, deep cuts, or puncture wounds. Diphtheria & pertussis (whooping cough) are respiratory diseases caused by bacteria that enters the mouth or throat. Whooping cough can cause uncontrollable, violent coughing which makes it hard to breathe, eat, or drink.

Adults who have never received Tdap should get a dose of Tdap. Also, adults should receive a booster dose every 10 years, or earlier in the case of a severe and dirty wound or burn.

Shingles

Shingles, also known as herpes zoster, is a painful rash on one side of the face or body that blisters and scabs over in 7 to 10 days. Anyone who has had the chicken pox or have received the vaccine, may get shingles.

The risk of shingles increases as you get older. Adults ages 50+ are able to receive the vaccine. The vaccine is given in 2 doses at day 0 and 2-6 months.

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Hepatitis A

Hepatitis A is a viral disease of the liver that is highly contagious and transmitted from person to person by ingesting contaminated food or unsafe water.

Hepatitis A involves inflammation of the liver and can cause mild to severe illness. The virus can survive outside the body and on surface areas for months.

Hepatitis A vaccine has been licensed in the United States for use in persons 1 year of age and older. A completed series provides you with a lifetime of protection. The second (final) dose should be administered between 6 and 12 months after the initial dosage.

COVID-19

COVID-19 causes respiratory symptoms similar to a cold, flu, or pneumonia. COVID-19 spreads when an infected person breathes out droplets or particles that contain the virus.

Some symptoms include: fever, chills, cough, shortness of breath, new loss of taste or smell, etc. Those who are infected with COVID-19 may not experience any symptoms at all.

As of August 2024, people ages 5-64 should receive 1-age appropriate updated COVID-19 vaccine. As of August 2024, those ages 65+ should receive 2 updated COVID-19 doses.

Hepatitis B

Hepatitis B is a viral infection that attacks the liver and can cause both acute and chronic disease. Liver disease from Hepatitis B can be fatal due to cirrhosis or liver cancer.

The Hepatitis B virus (HBV) is transmitted when blood, or another body fluid, from a person infected with the virus enters the body of someone who is not infected. HBV can survive outside the body for at least seven days and still be capable of causing infection. No medication is available for treatment of acute infections.

As of April 2022, in the US, Hep B vaccination is recommended for adults aged 19-59 years and adults aged >60 years with risk factors for Hep B. Adults aged >60 years without known risk factors for Hep B may also receive Hep B vaccines.

The vaccine is available for all ages is given on a three dose schedule; the second shot is given 30 days after the initial vaccination, while the third shot is administered six months after the initial vaccination.

Vitamin B-12

Potential benefits of Vitamin B-12 include: more energy, mental alertness and stamina for everyday tasks, improve sleep & mood, increase metabolism, lower frequency and severity of migraines and headaches, and helps lower homocysteine levels in the blood.