Health Awareness Series

Vaccinations and Childhood Screenings

HIGHMARK HEALTH OPTIONS

Vaccinations

- What are vaccinations?
- How do vaccinations work?
- Why should you get vaccinated?
- Vaccinations for children and adults
- COVID-19 and flu vaccinations
- Other vaccinations

Section 1

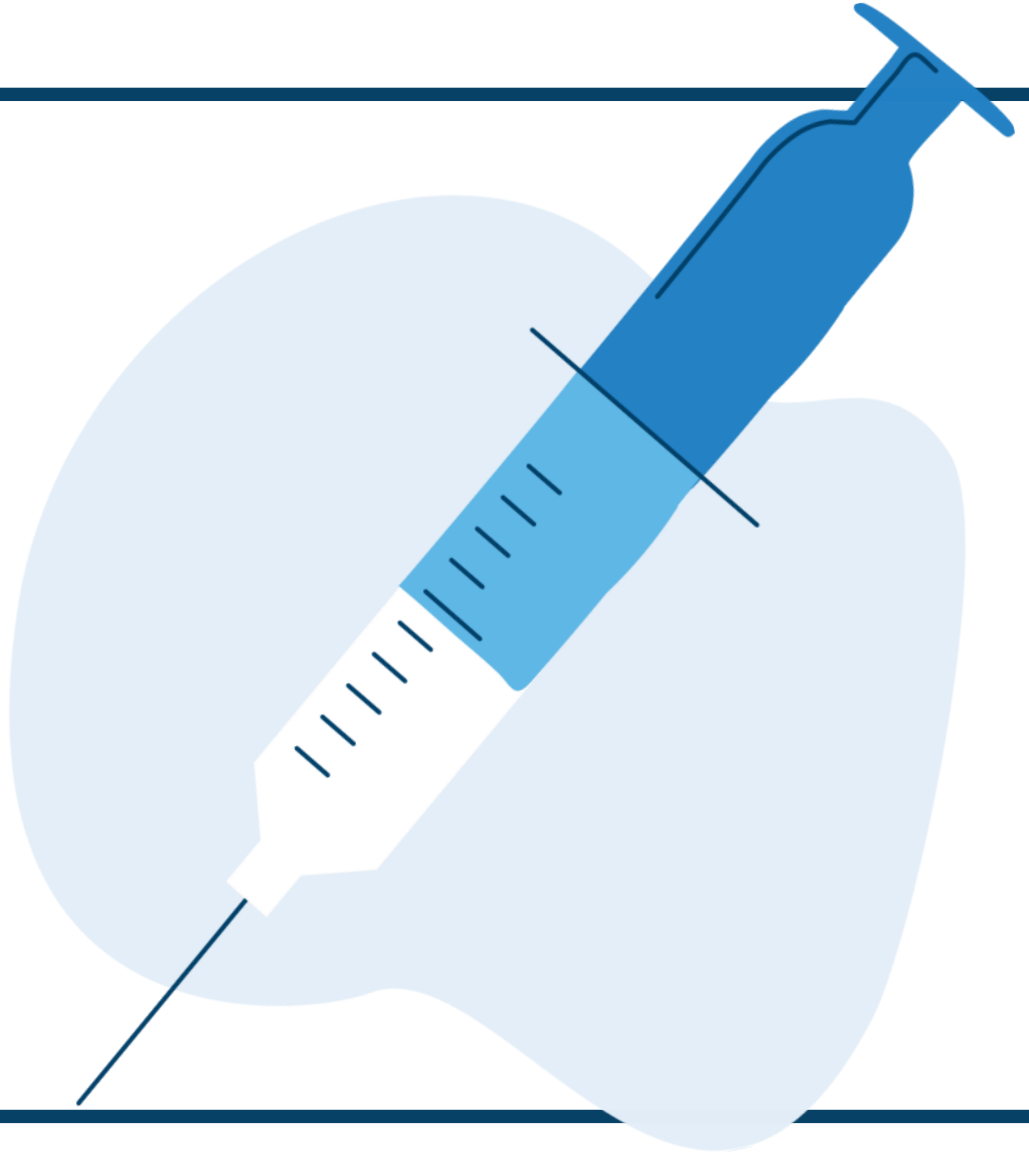
What are vaccinations?

HIGHMARK HEALTH OPTIONS

What are vaccinations?

Vaccinations:

- Are also called **immunizations, or shots.**
- Contain small amounts of weak or dead germs that cause diseases.
- Prepare your body to fight diseases to keep you from getting sick.



Our Immune System

- If a virus or bacteria enters the body, our immune system will fight it.
- Once the body fights a germ, the immune system will remember it and protect the body in the future.

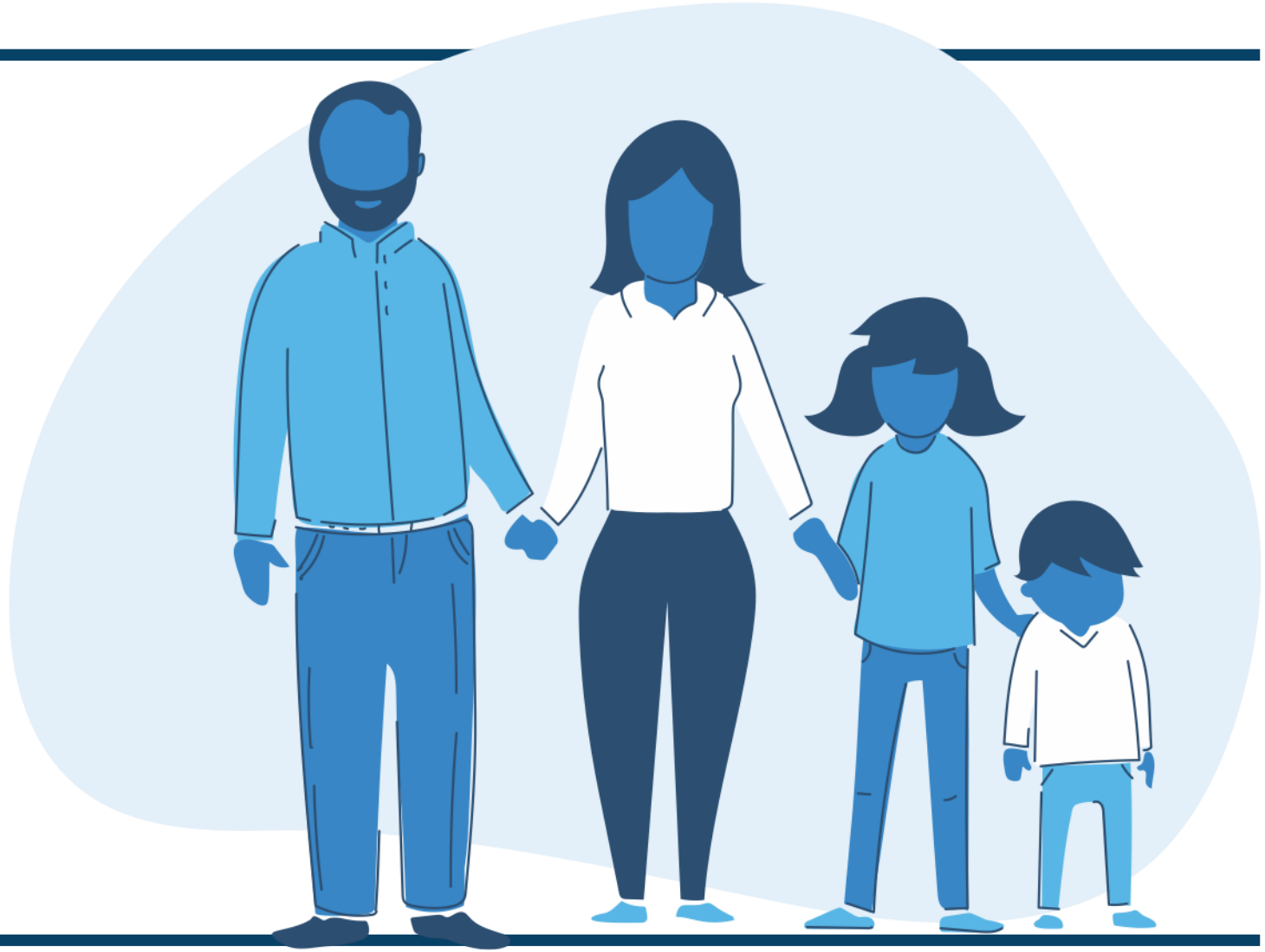
How do vaccinations work?

- When we receive a vaccination, germs enter our body to trick it into thinking there is an infection.
- The body will fight the infection and then will remember to fight the germ in the future.

Why get vaccinated?

Vaccinations prevent:

- Some infectious diseases
- Going to the hospital
- Disability
- Death



Section 2

Vaccinations for Children and Adults

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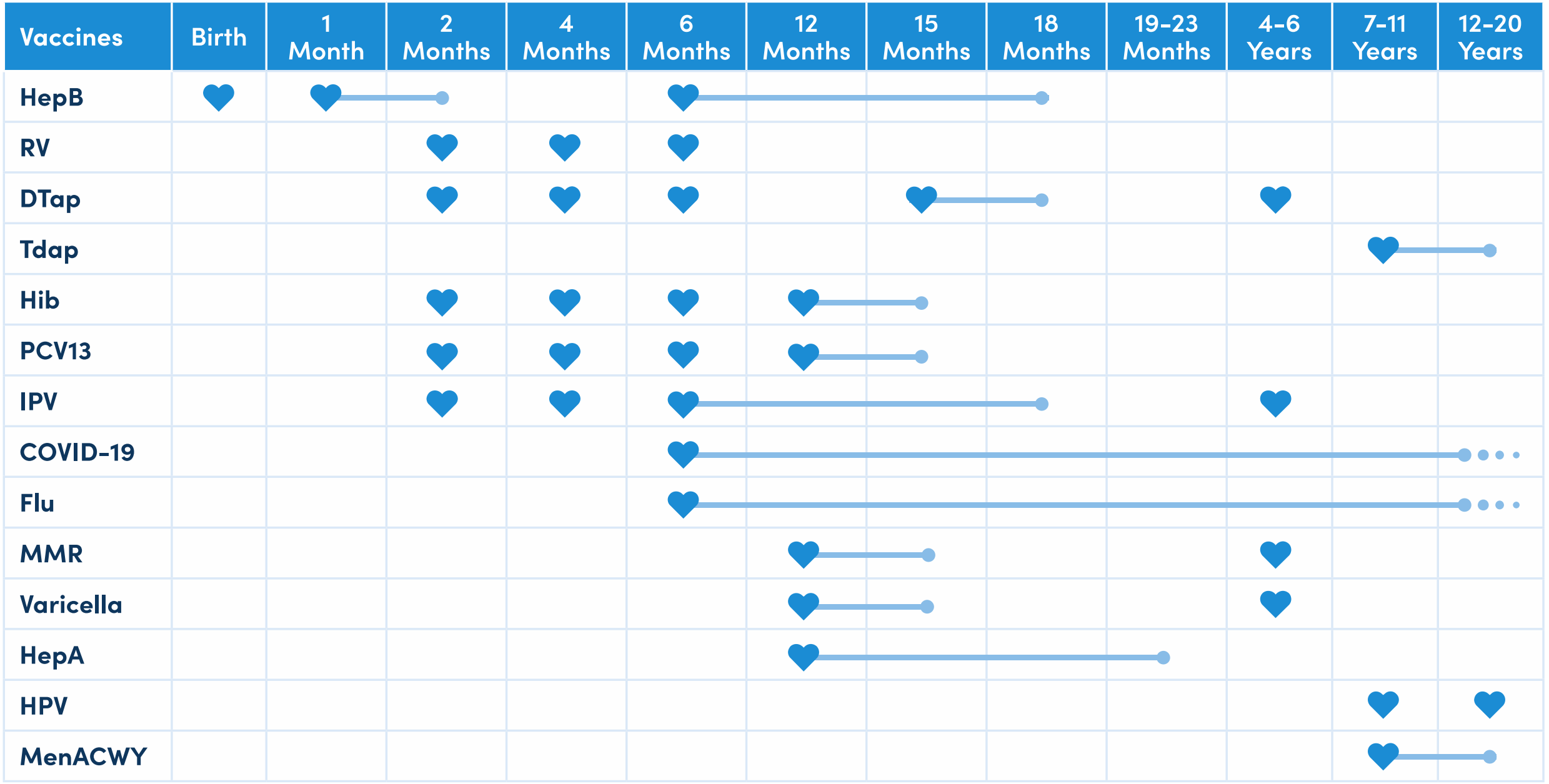
Babies and Children

- Newborn babies are immune to many diseases because of their mothers' antibodies.
- A child may not be strong enough to fight certain diseases if they are not vaccinated.

Vaccination Schedule for Children



Adults

Vaccines provide you with immunity to diseases and illnesses.

Factors that can put you at risk for some diseases:

- Age
- Health conditions
- Job
- Lifestyle
- Travel

Section 3

COVID-19 Vaccination

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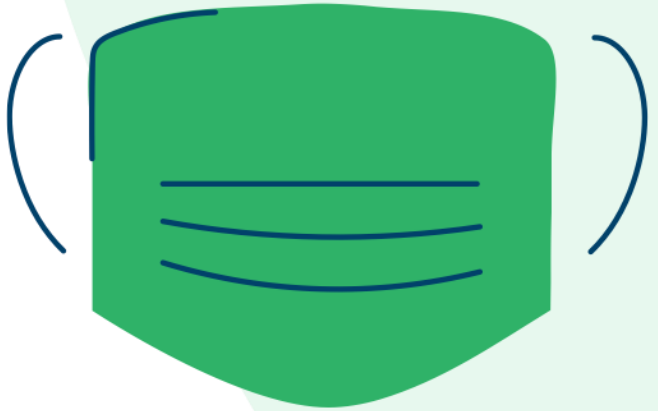
COVID-19 Vaccination

- Children age 6 months – 4 years may require multiple vaccinations to be up to date.
- Everyone age 5 and older should get the updated vaccine.
- People who are immunocompromised may get additional doses of the updated vaccine.



Section 4

Flu Vaccination

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Flu Vaccination

The flu vaccine helps to prevent serious illness for those who get the virus.

2021-2022 flu season caused:

- More than 9 million illnesses
- More than 100,000 hospitalizations
- More than 5,000 deaths

Facts About the Flu Vaccine

- Early Fall is the best time to receive the flu vaccine, before the viruses start to spread.
- The vaccine takes about **2 weeks** to begin working.

Get Vaccinated Yearly

- Immunity goes away over time.
- Flu viruses are always changing, so the **vaccine may need to be updated every year.**

Section 5

Other Vaccinations

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Shingles/Herpes Zoster

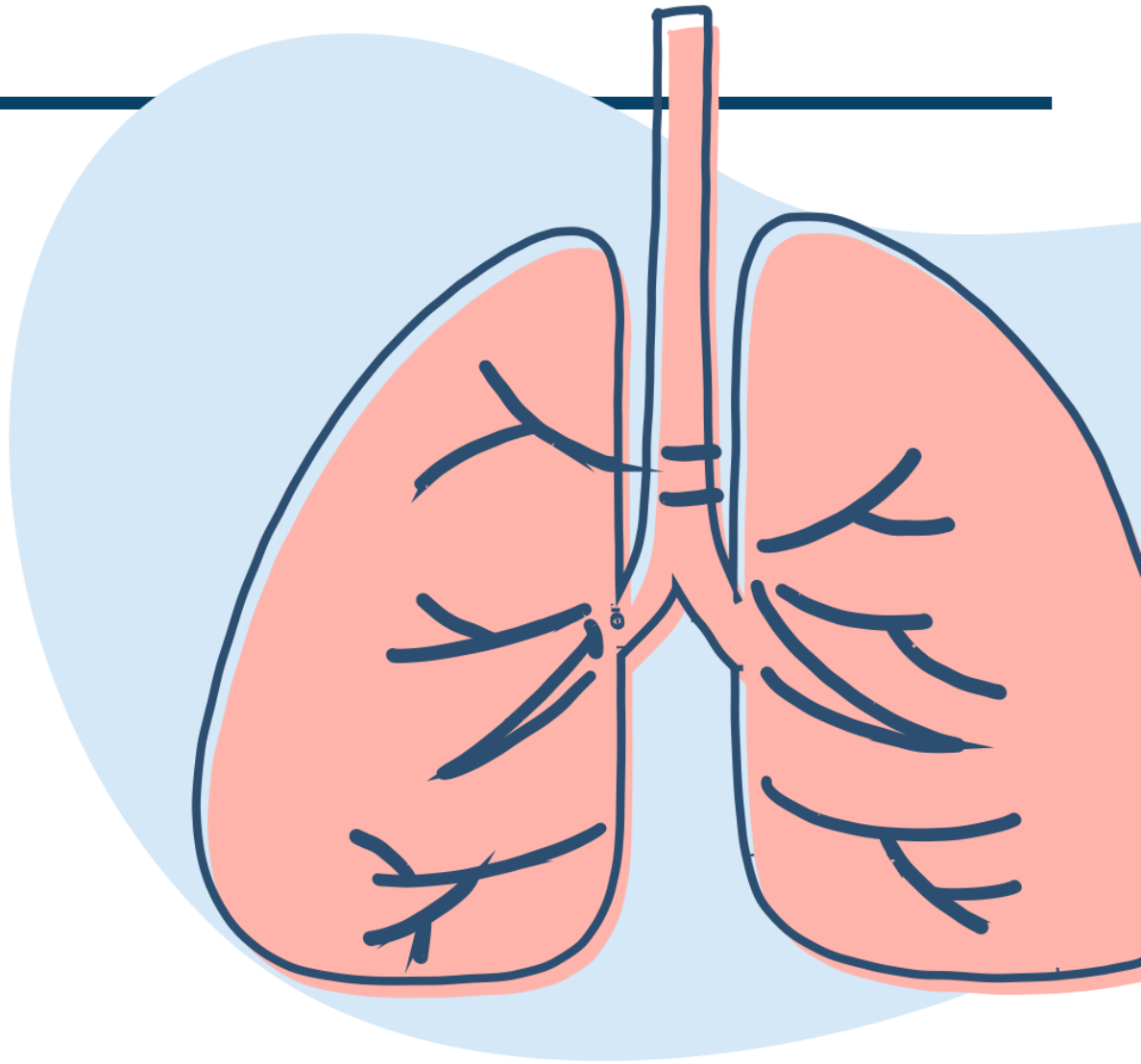
- Shingles is a painful rash that can last weeks to months and is more likely the older we get.
- Given to adults age **50 and older**.

Pneumonia

Two pneumococcal vaccinations that adults should receive:

1. One vaccine between ages 19-64
2. One vaccine at age 65 and older.

Both vaccines protect against pneumonia.



Dtap and Tdap

Dtap and Tdap vaccines help prevent whooping cough or pertussis.

Those who should receive it:

- Adults who have never had a dose
- Pregnant people
- Those who have not had a dose in more than 10 years

Hepatitis B

- Hepatitis B is a virus that can cause serious health problems including liver damage, cancer, and death.
- The Hepatitis B vaccine is recommended for all adults age 19-59 and adults age 60 and older with risk for hepatitis infection.

HPV

- The HPV vaccine protects against certain types of cancer, including cervical cancer.
- This vaccination can be given to girls and boys starting at age 9 and given up to age 26.
- Talk to your doctor to find out if you are at high risk for catching the HPV virus.

Pregnancy and Vaccines

- Infants age two months and younger can get whooping cough and the flu. But vaccinations for these illnesses do not begin until infants are two months old.
- A pregnant person should receive the vaccine (Tdap) to protect against whooping cough during pregnancy and the flu so the protection can also be passed on to the baby.

Health Awareness Series

Lead Poisoning and Prevention

HIGHMARK HEALTH OPTIONS

Section 1

Lead Poisoning

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What is lead poisoning?

- Lead poisoning happens when lead gets into the blood stream.
- Children under age 6 are especially vulnerable.
- Even low levels of lead in the blood affect a child's:
  - Ability to pay attention
  - Academic achievement
  - IQ

Lead Poisoning

- The effects of lead exposure cannot be corrected.
- Blood levels should be checked until in a normal range.
- If blood levels are not normal, there are steps your child’s doctor may take.

Lead Poisoning

To find lead poisoning, have your child's blood tested by age 1 and again at age 2.

Children enrolled in Medicaid are eligible for free testing.

Symptoms

- Headaches
- Irritability
- Stomach ache
- Vomiting
- Constipation
- Muscle weakness
- Sleeplessness
- Loss of energy
- Poor appetite
- Hair loss
- Anemia
- Confusion
- Seizures or convulsions

Section 2

Prevention

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Prevention

- Prevent lead exposure before it occurs.
- Stop children from coming into contact with lead.
- Find and remove sources of lead in the child’s environment.

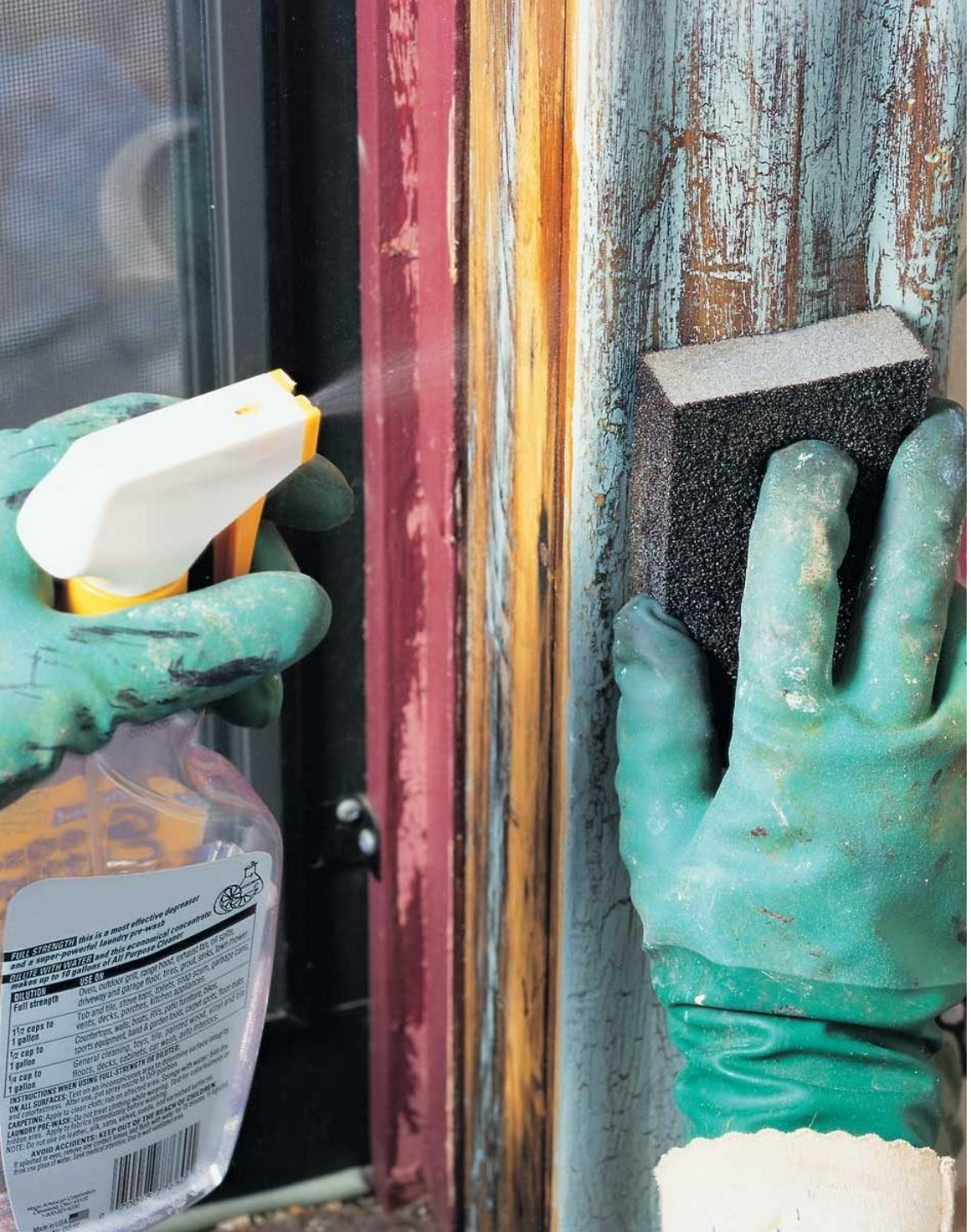
Common sources of lead:

- Paint and dust in homes built before 1978.
- Soil that contains traces of lead.
- Water that runs through lead pipes.

Note: You cannot see, taste, or smell lead in drinking water.

Common sources of lead:

- Toys
- Jewelry
- Makeup
- Foreign-made containers and cans
- Foods and beverages stored in unglazed or unfired pottery



To prevent lead poisoning:

- Have your home tested for lead paint, especially if it was built before 1978. Don’t renovate before testing.
- Clean windowsills and floors regularly.
- Keep your child away from peeling paint or chewable surfaces painted with lead-based paint.

To prevent lead poisoning:

- Let water run for a few minutes before using it.
- Use lead-free dishes when eating.
- Store food in glass, plastic, or stainless-steel containers.
- Wash your child’s hands, face, and toys regularly.
- Remove your shoes before entering your home.

Prevent lead poisoning during pregnancy.

If you're pregnant and have above-normal levels of lead:

- You are at risk for miscarriage.
- Your baby may be born too early or too small.
- Your baby's brain, kidneys, and nervous system may be affected.
- Your baby may have learning or behavior problems.

Section 3

What to Do

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If your child has lead poisoning:

Make a plan with your doctor.

- Work with your doctor to find the best treatment for your child.
- Ask questions if you don’t understand something.

If needed:

- Go back for a second lead test.
- Test your child for learning and development problems.

If your child has lead poisoning:

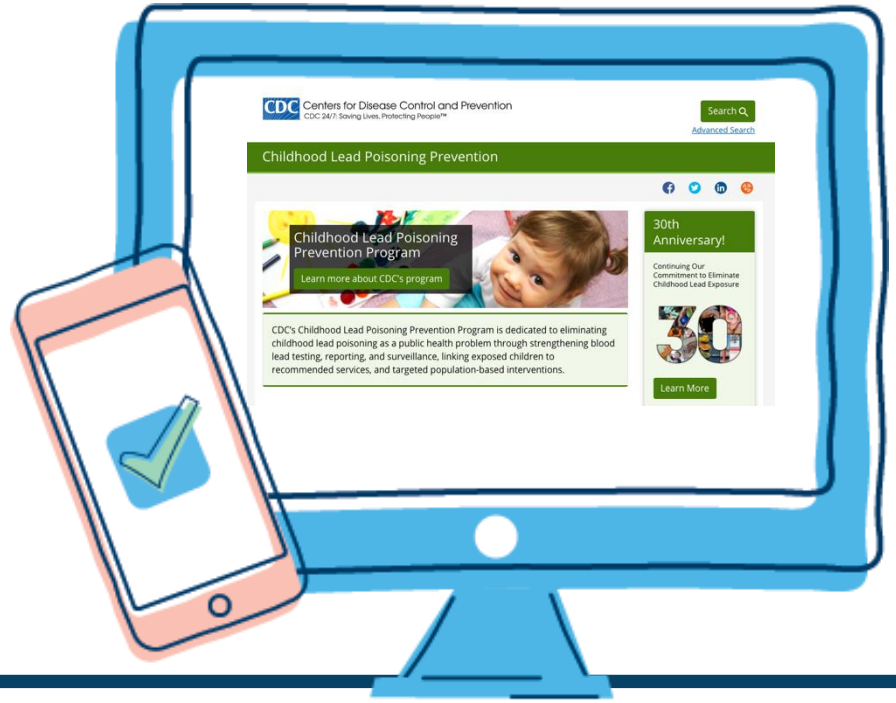
Give your child healthy foods to help keep lead out of the body. These are foods with:

- **Calcium:** milk, yogurt, cheese, leafy greens (spinach)
- **Iron:** red meat, beans, peanut butter, cereal
- **Vitamin C:** oranges, green and red peppers, juice

Lead Poisoning Prevention Resources

Contact your local health department to learn more and get support.

Find more information for parents and caregivers on the CDC website at cdc.gov/lead.



Watch

more episodes at

hho.fyi/has.