



Human Resources
Department
1201 E. 8th Street
Mission, TX 78572
956-580-8631
www.missiontexas.us



Welcome to this month's edition of Live Well, Work Well. In this issue we will be focusing on the importance of Immunization Awareness.

Vaccinate With Confidence

Vaccinate with Confidence is CDC's strategic framework to strengthen vaccine confidence and prevent outbreaks of vaccine-preventable diseases in the United States.

Vaccinate with Confidence will strengthen public trust in vaccines by advancing three key priorities:

- **Protect Communicates:** Vaccination rates remain strong, but pockets of under-vaccination persist in some locations.
- **Empower Families:** Trust in vaccines is built through conversations between parents, doctors, nurses, pharmacists, and community members.
- **Stop Myths:** To stop misinformation from eroding public trust in vaccine.

What's In Vaccines?

Today's vaccines use only the ingredients they need to be as safe and effective as possible.

- Preservatives
- Adjuvants
- Stabilizers
- Residual cell culture materials
- Residual inactivating ingredients
- Residual antibiotics

Each ingredient in a vaccine serves a specific purpose:

- Provide immunity (protection)
- Keep the vaccine safe and long lasting
- For the production of the vaccine



Source: <https://www.cdc.gov/vaccines/vac-qen/additives.htm>

Protect Your Health With The Flu Vaccine

Don't get caught without a flu shot!

No one wants to face coming down with the flu. That's why it's important to get a flu shot to help avoid the illness altogether.

Flu shots can be helpful for most people. The Centers for Disease Control and Prevention suggest a yearly dose for those who:

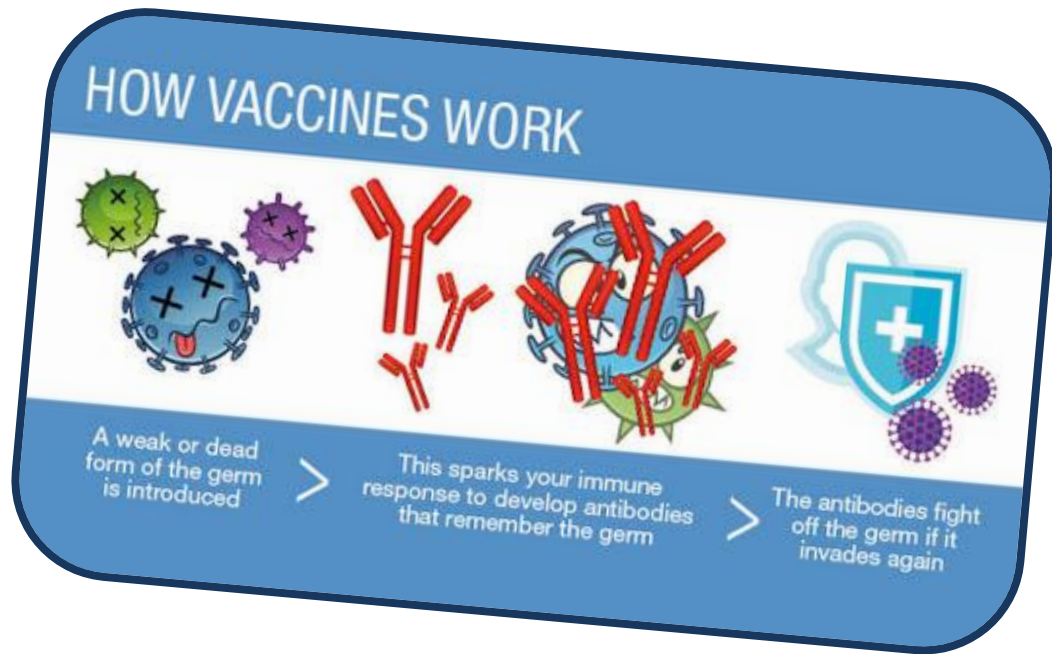
- Are age 6 months through 18 years
- Are pregnant
- Are age 50 and older
- Have a chronic health condition, such as asthma, diabetes, or heart, kidney or lung disease
- Have a weakened immune system
- Live at a nursing home or other long-term care facility
- Are child-care or health care workers
- Live with or care for someone at high risk of flu complications, like a child with asthma



Source: Mayo Foundation for Medical Education and Research; Centers for Disease Control and Prevention

Importance of Immunizations

Calling all the shots.



It is always better to prevent a disease than to treat it after it occurs.

Diseases that used to be common in this country and around the world, including polio, measles, diphtheria, whooping cough, rubella, mumps, tetanus, rotavirus and Haemophilus influenzae type b (HIB) can now be prevented by vaccination. Thanks to a vaccine, one of the most terrible diseases in history “smallpox” no longer exists outside the laboratory. Over the years vaccines have prevented countless cases of disease and saved millions of lives.

Immunity protects us from disease.

Immunity is the body’s way of preventing disease. Children are born with an immune system composed of cells, glands, organs, and fluids located throughout the body. The immune system recognizes germs that enter the body as “foreign invaders” (called antigens) and produces proteins called antibodies to fight them.

The first time a child is infected with a specific antigen (say measles virus), the immune system produces antibodies designed to fight it. This takes time, usually the immune system can’t work fast enough to prevent the antigen from causing disease, so the child still gets sick.

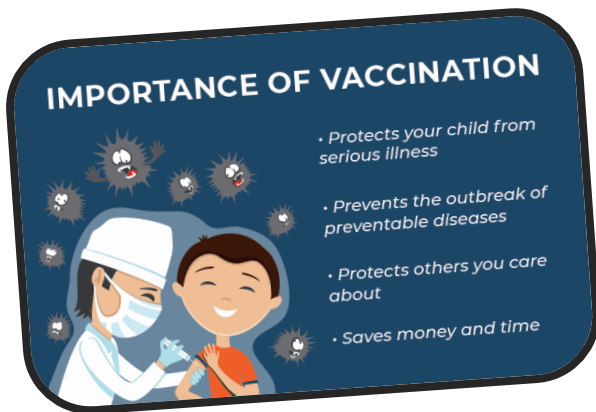
However, the immune system “remembers” that antigen. If it ever enters the body again, even after many years, the immune system can produce antibodies fast enough to keep it from causing disease a second time. This protection is called immunity.

It would be nice if there were a way to give children immunity to a disease without their having to get sick first.

In fact there is:

Vaccines contain the same antigens (or parts of antigens) that cause diseases. For example, measles vaccine contains measles virus. But the antigens in vaccines are either killed, or weakened to the point that they don’t cause disease. However, they are strong enough to make the immune system produce antibodies that lead to immunity. In other words, a vaccine is a safer substitute for a child’s first exposure to a disease. The child gets protection without having to get sick. Through vaccination, children can develop immunity without suffering from the actual diseases that vaccines prevent.

Importance of Immunizations Services During The COVID-19 Pandemic



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. In light of COVID-19-related reductions in people accessing vaccination services, it is important to assess the vaccination status of all patients at each visit to avoid missed opportunities for vaccination and ensure timely vaccine catch-up. All vaccines due or overdue should be administered according to the recommended CDC immunization schedules during that visit, unless a specific contraindication exists, to provide protection as soon as possible as well as minimize the number of healthcare visits needed to complete vaccination.

Source: <https://www.cdc.gov/vaccines/pandemic-guidance/index.html>

Vaccines: The Basics

Vaccines contain the same germs that cause disease. (For example, measles vaccine contains measles virus, and Hib vaccine contains Hib bacteria.) But they have been either killed or weakened to the point that they don't make you sick. Some vaccines contain only a *part* of the disease germ.

A vaccine stimulates your immune system to produce antibodies, exactly like it would if you were exposed to the disease. After getting vaccinated, you develop immunity to that disease, without having to get the disease first.

This is what makes vaccines such powerful medicine. Unlike most medicines, which treat or cure diseases, vaccines *prevent* them.



Source: <https://www.cdc.gov/vaccines/vpd/vpd-vac-basics.html>



IT'S THAT TIME...OPEN ENROLLMENT! AUGUST 3-10, 2020

This year you can elect to visit with a benefit counselor via ZOOM, or you can self enroll online. Self enrollment is the easiest method to enroll. However, if you have any questions about your benefits, you can still visit with an benefit counselor to discuss your current benefits. Your benefit counselor will answer any questions you may have and offer you simple, straightforward advice as you sort through your choices. You must register to see a benefit counselor.

This year you will have the following benefits offered during Open Enrollment:

- Medical Insurance
- Dental Insurance
- Vision Insurance
- Life Insurance
- Long Term Disability
- Legal Shield
- MASA Emergent
- 457 Deferred Compensation Plan
- Flexible Spending Card

You also have the opportunity to apply for these Aflac voluntary insurance benefits:

- ✓ **Accident Insurance** helps with the unexpected medical expenses, such as emergency room fees, deductibles and co-payments that can result from a covered accident.
- ✓ **Cancer Insurance** helps with the out-of-pocket medical and indirect non-medical expenses related to cancer diagnosis and treatment.
- ✓ **Group Critical Illness Insurance** helps pay the expected and unexpected expenses that arise from diagnosis of a covered critical illness such as heart attack, stroke, end-stage renal failure or a major organ transplant.
- ✓ **Group Hospital Indemnity Insurance** helps pay the out of pocket costs associated with a hospital stay including benefits for inpatient and outpatient services.
- ✓ **Short Term Disability Insurance** helps protect your paycheck if you become disabled and are unable to work.
- ✓ **Permanent Whole Life Insurance** helps take care of your loved ones' immediate and future needs if you should pass away. Immediate needs can include burial/funeral expenses, medical bills not covered by health insurance and current bills and debts.



Our open enrollment dates for 2020 are as follows:

Open Enrollment Week

August 3 – August 7

Online Self Enrollment - **August 3rd - 7th**
available from 7:00AM to 11:59PM

Click on the link - www.aflacatwork.com

You can also scan the code below with you Smart Phone



Benefit Counselor Assisted Enrollment

August 4th - 7th

Benefit Counselor assisted enrollment via Zoom will be at the CEED Building

Zoom with Enrollers will be from 7:30AM to 4:00PM with a one-hour lunch from 12:00PM to 1:00PM

NOTE : You must register to see an enroller. Use link below.

<https://calendly.com/city-of-mission-2020-open-enrollment/city-of-mission-2020-open-enrollment>



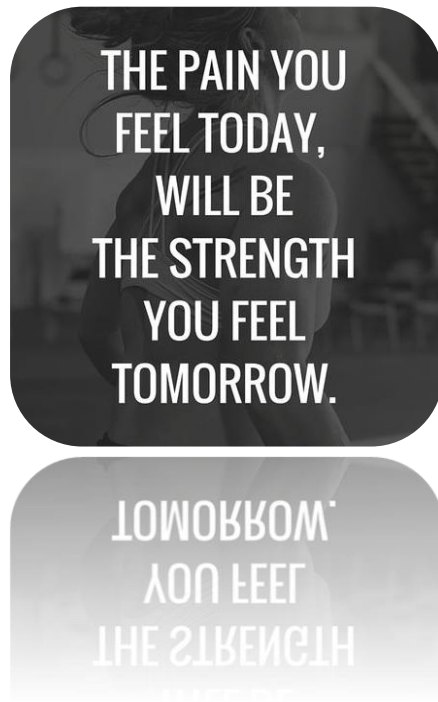
CITY OF
MISSION



2019

Let's Get Moving!

Move of the Month



30 DAY EASY SQUAT CHALLENGE

www.30dayfitnesschallenges.com

| | | | |
|--------|------------|--------|------------|
| DAY 1 | 30 SQUATS | DAY 16 | 80 SQUATS |
| DAY 2 | 50 SQUATS | DAY 17 | 50 SQUATS |
| DAY 3 | 75 SQUATS | DAY 18 | 125 SQUATS |
| DAY 4 | 60 SQUATS | DAY 19 | 50 SQUATS |
| DAY 5 | REST DAY | DAY 20 | REST DAY |
| DAY 6 | 60 SQUATS | DAY 21 | 145 SQUATS |
| DAY 7 | 90 SQUATS | DAY 22 | 80 SQUATS |
| DAY 8 | 50 SQUATS | DAY 23 | 40 SQUATS |
| DAY 9 | 45 SQUATS | DAY 24 | 100 SQUATS |
| DAY 10 | REST DAY | DAY 25 | REST DAY |
| DAY 11 | 120 SQUATS | DAY 26 | 75 SQUATS |
| DAY 12 | 40 SQUATS | DAY 27 | 50 SQUATS |
| DAY 13 | 75 SQUATS | DAY 28 | 150 SQUATS |
| DAY 14 | 125 SQUATS | DAY 29 | 95 SQUATS |
| DAY 15 | REST DAY | DAY 30 | 175 SQUATS |

Last Month's Events:

[Thursday, July 9, 2020](#)
["It's Not Just In Your Head"](#)

[Thursday, July 23, 2020](#)
["Health On The Move"](#)

[Thursday, July 23, 2020](#)
["Injury Assessment Day"](#)

Upcoming Events:

[Open Enrollment](#)
[August 3, 2020 – August 7, 2020](#)

[Online Self Enrollment:](#)
www.aflacatwork.com

[Schedule Zoom Enrollment:](#)
<https://calendly.com/city-of-mission-2020-open-enrollment/city-of-mission-2020-open-enrollment>