

Immunization Awareness

WELCOME TO THIS MONTH'S EDITION OF LIVE WELL, WORK WELL. IN THIS ISSUE WE WILL BE FOCUSING ON THE IMPORTANCE OF IMMUNIZATION AWARENESS.

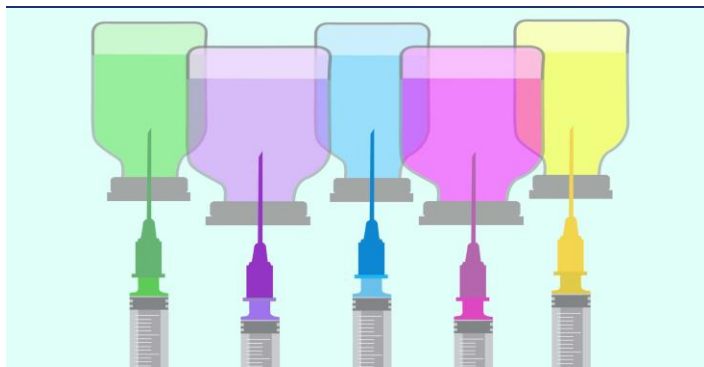


STICK TO THE SCHEDULE!

Next to safe drinking water, immunizations have been called the most important public health intervention in history. Immunizations have saved millions of lives from diseases that used to be a serious threat to children.

Following a regular vaccination schedule to immunize your child can protect them and others from diseases including: Diphtheria, Hepatitis A, Hepatitis B, Hib disease, Influenza (Flu), Measles, Mumps, Pertussis (Whooping Cough), Pneumococcal Disease, Polio, Rubella (German Measles), Tetanus (Lockjaw) and Varicella (Chickenpox).

Source: Centers for Disease Control and Prevention



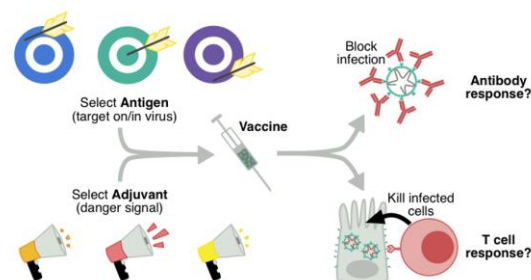
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Vaccines: The Basics

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>

More Facts About Vaccines

- Newborn babies are immune to many diseases because they have antibodies they got from their mothers. However, this immunity goes away during the first year of life.
- If an unvaccinated child is exposed to a disease germ, the child's body may not be strong enough to fight the disease. Before vaccines, many children died from diseases that vaccines now prevent, such as whooping cough, measles, and polio. Those same germs exist today, but because babies are protected by vaccines, we don't see these diseases nearly as often.
- Immunizing individual children also helps to protect the health of our community, especially those people who cannot be immunized (children who are too young to be vaccinated, or those who can't receive certain vaccines for medical reasons), and the small proportion of people who don't respond to a particular vaccine.
- Vaccine-preventable diseases have a costly impact, resulting in doctor's visits, hospitalizations, and premature deaths. Sick children can also cause parents to lose time from work.

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

5 Facts about Vaccines

Check with your doctor to make sure you and your family are fully protected.

1	<p>MYTH "The effectiveness of vaccines has never been proven."</p>	<p>FACT Widespread use of vaccines has nearly wiped out diseases like small pox, measles and polio since the mid-1900s.</p>
2	<p>MYTH "Vaccinations cause the diseases that they are meant to prevent."</p>	<p>FACT Vaccines contain dead or weakened viruses. Exposure to these help the body recognize and produce antibodies to protect against the disease.</p>
3	<p>MYTH "I don't need to vaccinate if everyone else does."</p>	<p>FACT "Herd immunity" reduces the chance of outbreak when a large percentage of a community is immunized against a disease. If too many people don't vaccinate, it opens up opportunities for diseases to establish themselves and spread, especially to those who are medically vulnerable and cannot be vaccinated.</p>
4	<p>MYTH "Vaccines cause health issues in children."</p>	<p>FACT There is no credible scientific study linking vaccination to autism — the condition that most inspires this myth.</p>
5	<p>MYTH "Vaccines aren't worth the risk."</p>	<p>FACT Diseases prevented by vaccines can be serious — even deadly.</p>

PeaceHealth

Source: World Health Organization and Centers for Disease Control

Learn more at peacehealth.org/vaccines

8/24/21

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



COVID-19 VACCINE: WHAT WE KNOW

Studies show that COVID-19 vaccines are effective at keeping you from getting COVID-19. Getting a COVID-19 vaccine will also help keep you from getting seriously ill even if you do get COVID-19.

COVID-19 vaccines teach our immune systems how to recognize and fight the virus that causes COVID-19. It typically takes 2 weeks after vaccination for the body to build protection (immunity) against the virus that causes COVID-19. That means it is possible a person could still get COVID-19 before or just after vaccination and then get sick because the vaccine did not have enough time to build protection. People are considered fully vaccinated 2 weeks after their second dose of the Pfizer-BioNTech or Moderna COVID-19 vaccines, or 2 weeks after the single-dose Johnson & Johnson's Janssen COVID-19 vaccine.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/keythingstoknow.html>

COVID-19 VACCINES: WHAT YOU SHOULD KNOW

With the arrival of effective vaccines that can protect us from COVID-19, we have a great opportunity to put this pandemic behind us and get back to everything we've been missing over the past year.

Here are some key things to know about the COVID-19 vaccine.

- **The vaccine is SAFE.**
Fast-track development thanks to:
 - Advanced technology
 - Already existing research
 - Unprecedented global partnership and funding
- **COVID-19 vaccines have been proven effective in:**
 - Reducing the risk of becoming infected with the SARS-CoV-2 virus that causes COVID-19
 - Decreasing the likelihood of having a severe case of the illness
 - Reducing hospitalizations and deaths due to COVID-19 disease
- **The vaccine side effects are mostly mild to moderate.**
The most common side effects include:
 - Pain/soreness at injection site
 - Fatigue
 - Headache

The vaccine does not contain the live COVID-19 virus, and it is NOT possible to contract COVID-19 from being vaccinated.

FULL VACCINATION MAY REQUIRE 1 OR 2 DOSES, DEPENDING ON THE TYPE OF VACCINE.

THE VACCINE IS RECOMMENDED EVEN IF YOU HAVE ALREADY HAD COVID-19 AND RECOVERED.

You should continue to wear a mask, social distance and practice proper hand hygiene after being vaccinated.

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.



Did You Know?



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

IT'S THAT TIME...OPEN ENROLLMENT! AUGUST 16-20, 2021

This year you will visit with a benefit counselor via Webex. 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.**

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

Visit with one of our Benefit's Counselors to learn more about our transition from Aflac Traditional plans to custom Aflac Group plans, highlighted below.

- ✓ **New- Group Accident** 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.
- ✓ **New-Group Short Term Disability** 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.

BenefitCounselor Assisted Enrollment Register to enroll in your 2021-2022 plan year benefits with a benefit counselor using the link below:

<https://v3.rivs.com/schedule/cityofmission-1/>

or QR Code



August 16th - 20th 8AM-4:30PM

Enrollers will be available via Webex from 8AM to 4:30PM (minus lunch hour).

NOTE: All departments must register to see an enroller, using link above or QR code, with the exception of the following departments who may report to the CEED Building as follows:

Public Works & Streets/Drainage:
Monday, 08/16/2021
7:30AM to 3:30PM

Facility Maintenance, Parks, Sanitation, Fleet, and Golf:
Tuesday, 08/17/2021 7:30AM to 3:30PM

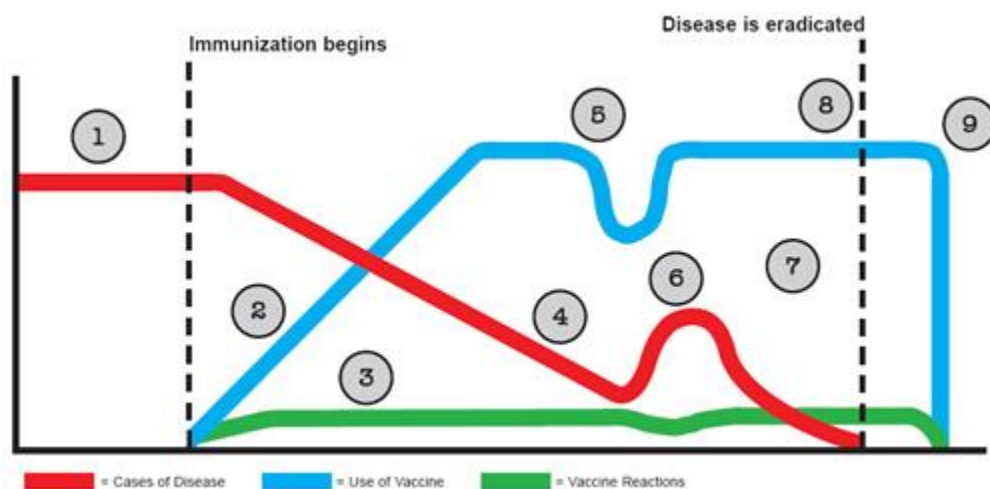
Contact Human Resources with any questions.



Lifecycle of an Immunization Program

Like a good story, a good immunization program has a beginning, a middle, and ideally an end. The following graphic describes the lifecycle of a typical immunization program. It illustrates, among other things, why a disease that has been nearly eliminated through vaccination might suddenly be reappear.

- When there is no vaccine for a disease, the number of people getting the disease is usually high. People worry about the disease and its complications.
- After an immunization program for a disease begins, the number of people being vaccinated usually rises quickly.
- At the same time, there will be some adverse reactions associated with the vaccine - almost always very few and very mild compared with illness and complications associated with the disease. (Note that this number remains fairly constant because it is a percentage of the number of people being vaccinated.)
- As the number of people being vaccinated rises, the number of cases of disease drops. Eventually, the number of people getting the disease may approach, or even fall below, the small number of people having reactions from the vaccine.
- At this point, most people may never have experienced the disease. They might start to worry less about the disease and more about possible side-effects from the vaccine. They might start to question whether the vaccine is necessary or safe, and some of them will stop getting immunized.
- If enough people stop getting immunized, disease numbers will start to rise again, and there will be disease outbreaks.
- People are reminded of how bad the disease can be, and turn back to immunization to avoid it. Vaccination numbers rise once more and disease numbers fall.
- Ultimately, if enough people get immunized the disease will disappear altogether. So far this has happened once, with smallpox.
- When there is no more disease, the immunization program can be stopped. The numbers of vaccinations and adverse reactions drop to zero.



Source: <https://www.cdc.gov/vaccines/vac-gen/life-cycle.htm>

Last Month's Events:

July 29, 2021
SOFA Seminar
"Social Security Explained"

"Monthly Moving Contest Winner"
Melba D. Garza - \$25.00 Gift Card



Upcoming Events:

Health & Wellness Seminar
"Immunization Awareness"
 Thursday, August 12, 2021

Open Enrollment
 August 16th - August 20th

Let's Get Moving!

31-DAY HIIT CHALLENGE						
{ 4 minute daily HIIT challenge repeat each set twice }						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
2 - 30 seconds BUTT KICKS 2 - 30 seconds JUMP ROPE	2 - 30 seconds JUMP SQUATS 2 - 30 seconds JOG IN PLACE	2 - 30 seconds MTN CLIMBERS 2 - 30 seconds PLANK	2 - 30 seconds HIGH KNEES 2 - 30 seconds SOCCER KICKS	OFF	2 - 30 seconds JUMPING JACKS 2 - 30 seconds FAST FEET	2 - 30 seconds HEEL TAPS 2 - 30 seconds LATERAL JUMPS
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
2 - 30 seconds FRONT KICKS 2 - 30 seconds STEP-UPS	2 - 30 seconds PLIE HOPS 2 - 30 seconds PLANK JACKS	OFF	2 - 30 seconds JUMP SQUATS 2 - 30 seconds MTN CLIMBERS	2 - 30 seconds JOG IN PLACE 2 - 30 seconds JUMPING JACKS	2 - 30 seconds FAST FEET 2 - 30 seconds BUTT KICKS	2 - 30 seconds PLANK 2 - 30 seconds JUMP ROPE
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
OFF	2 - 30 seconds LATERAL JUMPS 2 - 30 seconds PLIE HOPS	2 - 30 seconds STEP-UPS 2 - 30 seconds HEEL TAPS	2 - 30 seconds PLANK JACKS 2 - 30 seconds FRONT KICKS	2 - 30 seconds JUMP SQUATS 2 - 30 seconds BUTT KICKS	OFF	2 - 30 seconds JOG IN PLACE 2 - 30 seconds LATERAL JUMPS
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
2 - 30 seconds MTN CLIMBERS 2 - 30 seconds SOCCER KICKS	2 - 30 seconds FAST FEET 2 - 30 seconds STEP-UPS	2 - 30 seconds FRONT KICKS 2 - 30 seconds JUMP SQUATS	OFF	2 - 30 seconds BUTT KICKS 2 - 30 seconds LATERAL JUMPS	2 - 30 seconds PLANK JACKS 2 - 30 seconds MTN CLIMBERS	2 - 30 seconds PLIE HOPS 2 - 30 seconds PLANK
DAY 29	DAY 30	DAY 31				
OFF	2 - 30 seconds BUTT KICKS 2 - 30 seconds HIGH KNEES	2 - 30 seconds JUMP SQUATS 2 - 30 seconds FAST FEET				