

Pause for Prevention

Module 7: Best Practices for Employee Health - Vaccines and When to Stay Home

Protect Yourself and Others by Getting Vaccines

RECOMMENDED VACCINES FOR HEALTHCARE WORKERS

Vaccine Type	Description/Reason for Vaccine
COVID-19	COVID-19 is a respiratory infection caused by a coronavirus. The infection can cause a variety of symptoms including fever, cough, sore throat, headache, loss of taste/smell, diarrhea, difficulty breathing, etc. COVID-19 can be very serious for immunocompromised or elderly people like nursing home residents.
Hepatitis-B	Hepatitis B virus can be transmitted by blood and healthcare workers are more likely to come into contact with blood. The virus can increase risk for cirrhosis of liver and liver cancer.
Flu	Influenza (flu) is a contagious respiratory virus transmitted by droplets (coughs or sneezes) w/mild to severe symptoms (fever, body aches, etc.) that can be transmitted to and cause serious harm to persons at higher risk for illness like nursing home residents.
MMR (Measles, Mumps & Rubella)	Measles is a highly contagious virus that spreads through the air when an infected person coughs or sneezes. It may start with a runny nose and fever and involve a red rash that starts at the head and spreads to the rest of the body. Mumps is also caused by a virus and presents with fever and includes swelling of the salivary glands. Rubella is another virus and while the symptoms are similar but usually milder than measles, rubella can cause serious birth defects.
Varicella (Chicken Pox)	Varicella (Chicken pox) is a very contagious virus that causes a blister like rash, itching, tiredness and fever. Varicella can be very serious for immunocompromised and elderly people.
Tdap (Tetanus, Diphtheria, Pertussis)	Tetanus is a bacterial infection that (among other symptoms) can cause painful tightening of muscles (commonly in the jaw called "lockjaw"). Diphtheria is another bacterial infection that often infects the respiratory tract and cause serious breathing problems as well as heart, nerve and kidney damage. Pertussis (also called whooping cough) is a bacterial infection that starts with a cough, runny nose, mild fever. The coughing fit can turn into bursts of coughing (called whoops).
Meningococcal	Meningococcal disease is spread by respiratory and throat secretions. It is infection caused by the bacteria Neisseria meningitidis. Disease is often severe infecting the brain and spinal cord or causing bloodstream infections.



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Protect Your Team and the Residents in Your Care by Staying Home When Sick

CDC recommends that healthcare workers stay home until a fever is gone for at least 24 hours without the use of fever reducing medications. If a healthcare worker has flu (or other symptoms) on arrival to work, or during the workday, they should stay away from residents and team members and go home until a fever is gone for at least 24 hours without the use of fever reducing medications.



Scan these QR codes on your mobile device for information on reporting COVID-19 symptoms, testing, and quarantine.



Taking Care of Yourself So You Can Take Care of Others

Eating healthy, getting enough sleep, and exercising are key to taking care of yourself. Take breaks at work to reset and recharge. Stay informed by reading reliable news sources and avoiding unreliable social media platforms for important information. Seek help (when you need it) by talking to a pastor, counselor, or your doctor.



Scan this QR code for more information on taking care of your health.



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Module 7: Guide for Leader

Supplies

- Several copies of Pause for Prevention Module 7 Flyer, Best Practices for Employee Health: Vaccines, When to Stay Home and Self-Care.
- Enough copies of Module 7 Best Practices for Employee Health: Vaccines, When to Stay Home and Self-Care Word Search to provide each participant with a copy.

Preparation

- Print and prepare enough copies of the Best Practices for Employee Health: Vaccines, When to Stay Home and Self-Care Word Search for each participant to have one.
- Gather staff in an area where the lesson can be carried out without disruption.

Instructions for Leader

- Review the Module 7 Flyer: Best Practices for Employee Health: Vaccines, When to Stay Home and Self-Care.
- Allow discussion and input and provide more detail as necessary by accessing the QR codes.

FOR DISCUSSION

What Are the Common Signs of Distress?

- Feelings of fear, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, and activity levels
- Difficulty concentrating and making decisions
- Difficulty sleeping or nightmares
- Headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

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WORD SEARCH

H	A	Y	I	J	N	K	M	H	O	M	E	N	X
M	C	B	C	Q	Q	M	E	A	S	L	E	S	V
V	F	K	R	E	C	H	A	R	G	E	U	W	U
U	V	L	Q	D	I	S	E	A	S	E	O	P	P
H	X	I	Z	V	A	C	C	I	N	E	V	X	E
E	R	D	R	B	F	R	N	C	O	V	I	D	R
P	R	E	I	U	N	K	Z	N	F	L	U	B	T
A	H	Z	S	P	S	S	M	Q	E	I	K	P	U
T	L	E	O	T	T	A	K	N	Z	P	Y	R	S
I	M	S	A	A	A	H	Q	S	K	X	F	O	S
T	L	E	O	T	T	A	E	N	Z	P	Y	T	I
I	I	T	I	V	B	Q	U	R	K	Z	U	E	S
S	T	F	U	H	V	T	L	L	I	W	T	C	K
H	R	I	Y	U	P	O	X	N	H	A	F	T	F

WORD LIST

- | | | |
|----------------------------------|----------------------------------|-------------------------------------|
| <input type="checkbox"/> VACCINE | <input type="checkbox"/> EAT | <input type="checkbox"/> POX |
| <input type="checkbox"/> COVID | <input type="checkbox"/> VIRUS | <input type="checkbox"/> PERTUSSIS |
| <input type="checkbox"/> PROTECT | <input type="checkbox"/> FLU | <input type="checkbox"/> DIPHTHERIA |
| <input type="checkbox"/> REST | <input type="checkbox"/> MEASLES | <input type="checkbox"/> RECHARGE |
| <input type="checkbox"/> HOME | <input type="checkbox"/> DISEASE | <input type="checkbox"/> HEPATITIS |

