# 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**
**(Some of the recommended vaccines are received during childhood)**

| 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, as well as those with shingles. Once you have had chicken pox, the virus is dormant in your body but can be reactivated, causing shingles. Shingles causes a painful rash. A chickenpox vaccine in childhood or a shingles vaccine as an adult can minimize the risk of developing shingles. |
| 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 causes 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 and mild fever. The coughing fit can turn into bursts of coughing (called whoops). |
| Meningococcal | Meningococcal disease is spread by respiratory and throat secretions. Disease is often severe, infecting the brain and spinal cord or causing bloodstream infections. |

Quality Improvement Organizations
Sharing Knowledge. Improving Health Care.
CENTERS FOR MEDICARE & MEDICAID SERVICES

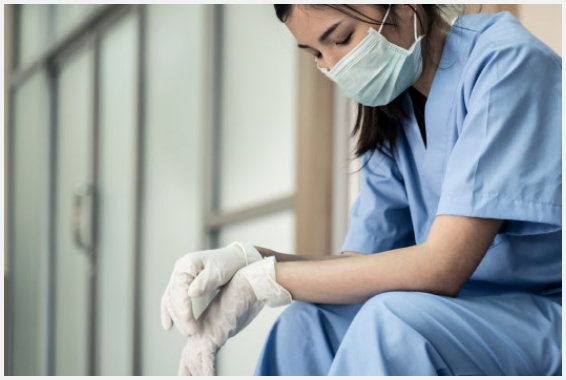
HQIN
Health Quality Innovation Network

# Pause for Prevention

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

### 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. Coming to work when you have any symptoms puts residents and others who may be older or have compromised immune symptoms at risk. If you think you are sick or have any symptoms, notify your supervisor to determine when it is safe to return to work. These actions help to protect others, even if staffing is short.



Scan this QR code for more information on staying home when you are sick:

### 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 with your chosen support network or your doctor.

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

Quality Improvement Organizations
Sharing Knowledge. Improving Health Care.
CENTERS FOR MEDICARE & MEDICAID SERVICES

HQIN
Health Quality Innovation Network

# Pause for Prevention
## 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

# Pause for Prevention

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

### 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

- ☐ VACCINE
- ☐ COVID
- ☐ PROTECT
- ☐ REST
- ☐ HOME
- ☐ EAT
- ☐ VIRUS
- ☐ FLU
- ☐ MEASLES
- ☐ DISEASE
- ☐ POX
- ☐ PERTUSSIS
- ☐ DIPTHERIA
- ☐ RECHARGE
- ☐ HEPATITIS

Quality Improvement Organizations
Sharing Knowledge. Improving Health Care.
CENTERS FOR MEDICARE & MEDICAID SERVICES

HQIN
Health Quality Innovation Network

This material was prepared by Health Quality Innovators (HQI), a Quality Innovation Network-Quality Improvement Organization (QIN-QIO) under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS.12SOW/HQI/QIN-QIO-0588-08/10/23