

COVID BINGO

Word List

- 1. Accurate:** Information about vaccines should come from nationally recognized agencies like CDC, CMS, etc., or peer reviewed and accepted studies to ensure accuracy.
- 2. Administered:** Vaccines are administered (given) by a professional healthcare worker trained to give vaccines.
- 3. Annual:** Many vaccines need to be given as annual (yearly) vaccines to prepare you for the strain of virus currently circulating.
- 4. Answers:** Just like accuracy, answers about vaccines should come from healthcare professionals and nationally recognized agencies like CDC or CMS, or peer reviewed and accepted studies to ensure accuracy.
- 5. Antibodies:** Produced by the body's immune system, antibodies are proteins that protect your body when an unwanted substance enters the body.
- 6. Arm:** Vaccines can be given in one or both arms. If more than one vaccine is given in the same arm, they should be given 2 inches apart.
- 7. Asymptomatic:** A person who tests positive for a virus but does not have symptoms is asymptomatic.
- 8. Band aid:** A band aid is a small piece of sticky tape used to cover the areas where a vaccine was given on the arm.
- 9. Care:** Care is the provision of what is necessary for the health, welfare, maintenance and protection of someone.
- 10. CNA:** Certified Nursing Assistants are trained to perform a lot of care for residents, helping with many physical and complex tasks.
- 11. CDC:** Centers for Disease Control and Prevention (CDC) is a nationally recognized organization with accurate information related to vaccines.
- 12. Choice:** Everyone has a choice when it comes to decisions about accepting vaccines. Coming to a decision about receiving a vaccine is ultimately your choice.
- 13. Communicable:** Communicable means a virus can spread; also means contagious or infectious.
- 14. Community:** A group of people living in the same place is a community.
- 15. Contagious:** Communicable or infectious.
- 16. Coronavirus:** An infectious disease caused by the SARS-CoV-2 virus. Also known as Covid-19.
- 17. COVID-19:** Coronavirus disease; infectious disease caused by SARS-CoV-2 virus.
- 18. Cough:** A cough is one of several symptoms associated with Covid-19 and can be long-lasting.
- 19. Defenses:** Defenses are the body's way of fighting foreign invaders, including viruses, bacteria and fungi.
- 20. Disease:** Disease is an impairment of the normal functioning of a human being that interrupts or modifies its vital functions.
- 21. Distancing:** Physical distancing can be important in keeping viruses like Covid-19, flu, etc. from spreading.
- 22. Doctor:** A person trained and licensed to treat sick and injured people.
- 23. Dose:** A quantity of medicine or vaccine taken or given at a particular time.
- 24. Droplet:** Droplet transmission can occur when someone with a virus coughs, sneezes or talks. Droplets can travel through the air and land on surfaces or another person.
- 25. Efficacy:** A measure of how much a vaccine lowers the risk of getting sick.

- 26. Endemic:** A virus is said to be endemic when it occurs regularly within an area or community.
- 27. Exposure:** Refers to contact with an infectious agent. If exposure to a person with Covid-19 occurs, the exposed person should be tested.
- 28. Family:** People living together who are related by birth, marriage or adoption, or have established relationships due to needs. Living conditions are related to a person's health and well-being.
- 29. Fatigue:** Fatigue (muscle weakness) can occur after a vaccine and is typically short lived. Fatigue associated with a viral infection can be longer lasting and more severe.
- 30. Fever:** Often a sign the body's immune system is working after a vaccine is administered. Fever after a vaccine is usually mild and goes away after a couple days.
- 31. Flu shot:** Influenza (flu) shots are given annually to prevent illness from the most common flu virus currently circulating.
- 32. Germs:** Germs include bacteria, viruses, fungi and protozoa that are spread in different ways.
- 33. Handwashing:** The simplest and most effective way to prevent the spread of germs.
- 34. Healthy:** Being healthy (in addition to good hygiene, nutrition, adequate sleep and socialization) includes keeping up with regular health appts, testing, screening and vaccinations to maintain good health.
- 35. Hesitancy:** Refers to reluctance or refusal to have oneself vaccinated against an infectious disease.
- 36. Hygiene:** Hygiene is a group of practices (handwashing, bathing, teeth brushing) that when performed regularly can assist in maintaining health and preventing disease.
- 37. Illness:** An unhealthy condition of the body or mind with various causes ranging from infection, genetics, injury or environments.
- 38. Immunity:** Immunity is protection from an infectious disease. Vaccines can provide immunity of different levels. If vaccinated, you may still experience an illness without the severe side effects of an illness (i.e., Covid-19 or flu).
- 39. Immunocompromised:** People who have a weakened immune system are considered immunocompromised, and they have a reduced ability to fight disease.
- 40. Incubation:** Incubation is the time between a person's exposure to an infectious agent (like Covid-19 or flu, etc.) and when they begin to show symptoms.
- 41. Intramuscular:** Installing medications into the depth of specifically selected muscles where there is good vascularity, and the vaccine quickly reaches circulation.
- 42. Misinformation:** Misinformation is false or inaccurate information. Information about vaccines should only come from nationally recognized sources like CDC, CMS, etc., or peer reviewed and accepted studies to ensure accuracy.
- 43. Moderna:** A biotechnology company and one manufacturer of the Covid-19 mRNA vaccine.
- 44. Nurse:** A health care professional trained to provide care and promote health (including vaccines) in the prevention of disease.
- 45. Outbreak:** Occurs when there are more cases of a suspected disease than expected in a specific location within a given time period.
- 46. Pandemic:** A pandemic is a widespread disease involving countries and even continents. Covid-19 is an example of a disease causing a pandemic.
- 47. Pathogens:** Organisms that cause disease in humans. Includes bacteria and viruses, etc. SARS-CoV-2 is the pathogen that causes the virus Covid-19.
- 48. Pfizer:** A pharmaceutical and biotechnology company that produces medicines and vaccines including the Covid-19 vaccine.

- 49. Pharmacist:** Health care professionals who specialize in the right way to use, optimize outcomes, store, preserve and provide medicines and vaccines.
- 50. Physician:** A health-care professional who has earned a medical degree, is clinically experienced, and is licensed to practice medicine.
- 51. Pneumonia:** A lung infection that can be caused by many germs. The risk of getting pneumonia can be reduced by getting a vaccine.
- 52. Protection:** Protection from infectious disease includes many strategies (handwashing, healthy eating, vaccines, etc.) to prevent disease.
- 53. Quarantine:** An approach that uses separation (after exposure to infectious disease) to reduce the likelihood of transmission of disease.
- 54. Questions:** An important means of knowledge gathering. Questions about vaccines can be answered by accessing nationally recognized agencies like CDC, CMS and QIOs, or asking your health care clinician/provider.
- 55. Response:** Information/responses about vaccines must be provided to an individual in a manner that is respectful, accurate and easily understood from a person's perspective with the intent of building trust and a relationship.
- 56. RSV:** Respiratory Syncytial Virus (RSV) is a common respiratory virus that can cause severe symptoms in older adults. The RSV vaccine is recommended for adults 60 and over.
- 57. Safe:** Vaccines are safe and effective. Hundreds of millions of people in the U.S. received Covid-19 vaccines under the most intense safety monitoring in U.S. history.
- 58. Shingles:** A painful rash caused by the varicella zoster virus. The shingles vaccine provides protection from this painful, serious disease.
- 59. Sleep:** Adequate sleep is essential to overall health and is characterized by reduced activity and response to external stimuli. CDC recommends at least 7 hours each night.
- 60. Season:** In terms of disease prevention, "season" refers to a time period when a disease is more common. The flu season is generally fall and winter.
- 61. Social:** Overall health includes conditions in which we live, learn, work, worship and play that shape the conditions of daily life. Being social is an important part of health.
- 62. Spread:** Describes the way diseases move from one person to another. Covid-19 spreads when an infected person breathes out droplets and very small particles that contain the virus.
- 63. Stimulate:** Vaccines stimulate (increase activity) the immune system to respond to infection.
- 64. Strains:** Also known as variants, strains are versions of a virus or disease that have mutated and may be stronger (more virulent) than the original disease.
- 65. Subcutaneous:** Subcutaneous injections are administered into the fatty tissue found below the dermis and above muscle tissue.
- 66. Support:** To encourage someone so they succeed.
- 67. Symptoms:** Feelings or conditions that indicate a person has a disease. Cough and fever can be symptoms of a respiratory virus.
- 68. Timing:** Refers to vaccine delivery considering a person's age, overall health and immune status.
- 69. Transmission:** The spread of a disease or infection from one person to another.
- 70. Vaccine:** A preparation used to stimulate the body's immune response against disease.
- 71. Virus:** A virus is a microscopic infectious agent that reproduces in living cells and can impair normal cell function.

72. Visitors: Visitors are an important part of a healthy social life for residents. Their role in infection prevention and awareness is important to the safety of everyone.

73. Well-being: Well-being includes positive emotions, satisfaction with life and positive functioning, all of which are linked to physical health. Vaccines are an important part of physical health.

74. WHO: The World Health Organization (WHO) is an international organization that promotes health (including vaccines) all over the world.

75. Whooping Cough: Also known as Pertussis, Whooping Cough is a highly contagious respiratory condition that can last for weeks or months. The best way to prevent whooping cough is to get vaccinated.