Community Immunization Education Guide Toolkit





Table of Contents

The Purpose	.Page	3
How to Use the Five Key Messages	Page	7
Pre-Training Survey	Page	20
Overview	Page	23
Disease and Infections	Page	31
"Five Key Messages" Childhood		
Immunization Schedule	Page	54
Parent Tips	Page	62
Adolescent Vaccines	Page	64



The Purpose

Purpose

This toolkit is meant to be a simple collection of immunization resources and materials.

This toolkit is meant to provide background information to a person who trains peers and other community workers on how to educate the public about immunizations.

Your Role

You play an important role in ensuring that community residents are protected from childhood diseases.

As an advocate for timely immunizations, your primary role and responsibility is to educate community workers, peers, and parents about the importance of timely immunizations of children under five years of age.

Your Responsibilities

- Know the resources and services available in your community
- Educate parents and the community about the importance of immunizations
- Motivate parents to get their babies immunized
- Distribute easy to read immunization materials for parents and the community
- Develop a simple approach of talking to parents about immunizations
- Promote the 5 Key Messages

How to Use the Five Key Messages

The 5 Key Messages



Immunizations are safe 2

Immunizations are low or no cost



Fully immunize your baby by age two



Keep your child's immunization record in a safe place and take it with you to every doctor's visit and WIC appointment





1. Immunizations Are Safe

• All recommended immunizations are extraordinarily safe

- Safer than the diseases they prevent
- There are many myths in the media that make immunizations seem scary
- The most common side effects are:
 - Pain and tenderness where the shot was given
 - Low-grade fever

2. Immunizations Are Low or No Cost

- The Vaccines for Children Program (VFC) allows doctors to provide vaccines at no or low cost to parents
 - Ask your doctor if they are a part of the VFC program
- Chicago Department of Public Health (CDPH) Walk in clinics and mobile CareVan provide immunization services
 - Call 311 for the nearest locations

3. Fully Immunize Your Baby by Two Years

 Your baby needs at least five doctor visits for immunizations before he/she is two years old

- Immunizations will protect your baby from 14 diseases
- Most immunizations require more than one dose

• Young babies are more likely than adults to be hospitalized or die if they get sick with any of the 14 immunization preventable diseases



4. Keep Your Child's Immunization Record in a Safe Place and Take it to Every Doctor or WIC Visit

- When your child receives immunizations, make sure your doctor updates your child's immunization record
- Doctors may not give the needed immunization if you do not bring your record
- All WIC sites require a copy of immunization records



5. Don't Wait for School to Get Your Baby Immunized

The reason to get your baby immunized is to prevent serious diseases long before she/he is old enough for school

• Babies are more likely than adults to be hospitalized or die if they get any of the immunization preventable diseases

• All WIC sites require a copy of immunization records

Utilizing the Five Key Messages

- A parent may not always be able to convey all five messages at a single doctor's visit
- The most important message is for a parent to bring the child's immunization record to every health care visit and keeping the record updated
- The immunization schedule is complicated. Bringing an updated immunization record to every health care visit will prevent the following:
 - Doctors missing immunizations
 - Parents missing immunizations
 - Some doctors may not give all the immunizations at one visit
 - Parents can help the doctors stay on track by providing an updated immunization record

Motivating Parents

As a community worker you should be committed to develop respectful relationships with the parents and their children

Developing Respectful Relationships

As a community worker:

- Make sure you understand the community and the families you have to reach
- Avoid focusing on your perceptions regarding why the parent has not immunized their child, and focus on helping them bring their child up-to-date
- Look beyond your own biases. Find the root causes for the parent not immunizing their child and look for solutions to the problems
- Try to reach all parents but also accept that you are not going to reach every parent

Communication Skills Check List

- Demonstrate respect, compassion and understanding
- Be determined to succeed
- Maintain a nonjudgmental attitude
- Maintain a positive and friendly approach
- Use appropriate communication skills and body language

"One to One" and Small Group Presentations

- Small group presentations consist of 1-9 persons
- Each session should be 45-60 minutes
- Designate an area that will allow sharing of information
 - Use flip charts, hand-outs, and related resource materials
- Leave time for questions and answers and sharing of personal experiences

- At these sessions:
 - 1. Review the five key messages
 - 2. Explain why immunizations are important
 - **3.** Use flip charts to review vaccine preventable diseases
 - 4. Review the immunization schedule
 - 5. Explain the risk of not immunizing on time
 - 6. Provide resource materials
- Motivate them toward our common goal. Make them care!

Large Group Presentations

- A large group is one that consists of 10 or more individuals. Think BIG. Use slides, overheads, or large flip charts
- Have plenty of handouts and resources that will reinforce your presentation
- Reserve the date, time, place and equipment well in advance

- Arrange for printed resource materials to be made available prior to the day of presentation
- Know your target audience
- Schedule time for the formal presentation, fun and games, and questions/answers

Pre-Training Survey

Pre-Training Survey

Please read the following statements. Some are "true" (correct) and some are "false" (Not true or not correct). If you think what the statement says is true, please check T (TRUE). If you think what the statement says is not true, please check F (FALSE).

1. When a person has a communicable disease, no one else can get the disease.	т	F	If a baby misses one vaccination (shot), he/she will need to start the shot series all over.	т	F
2. We can immunize children for all diseases.	. т	F	7. If a pregnant mother has young children at home, the children should not get their shots while their		
3. Communicable diseases can spread through the air	. т	F	mother is pregnant.	Т	F
4. Vaccines contain a small amount or part of bacteria/ viruses that the body uses to develop protection			8. It is not good to give a small baby more than one shot at a time	т	F
against bacteria/viruses.	т	F	9. Some diseases, like polio or tetanus, are not common anymore so babies don't need to get shots against them.	т	F
5. If the baby has a stuffy or runny nose, he/she can usually get a shot.	т	F	10. Shots should be a part of well-baby care	т	F

Pre-Training Survey Answer Key

1. When a person has a communicable disease, no one	
else can get the disease	F

- 2. We can immunize children for all diseases. F
- 3. Communicable diseases can spread through the air. T
- 4. Vaccines contain a small amount or part of bacteria/ viruses that the body uses to develop protection against bacteria/viruses.
- 5. If the baby has a stuffy or runny nose, he/she can usually get a shot.

6. If a baby misses one vaccination (shot), he/she will need to start the shot series all over.	F
7. If a pregnant mother has young children at home, the children should not get their shots while their mother is pregnant.	F
8. It is not good to give a small baby more than one shot at a time.	F
9. Some diseases, like polio or tetanus, are not common anymore so babies don't need to get shots against them.	F
10. Shots should be a part of well-baby care	т

Overview

-

Overview

Commonly Asked Questions

Vaccine Preventable Diseases

Five Key Messages

Why Do We Need Vaccines?

Before vaccines, every year in the U.S.

- Polio would paralyze 10,000 children
- Rubella caused birth defects in 20,000 children
- Measles infected 3 million children
- Diphtheria was one of the most common causes of death in school-aged children

Why Do We Need Immunizations?

Since the wide use of immunizations, every year on average, in the U.S.

- Polio paralyzes 0 children
- Rubella causes birth defects in 11 infants
- Measles infects 80-100 children
- Diphtheria causes disease in 2 children

Are vaccinations safe?

Yes!

• Most common side effects:

soreness at the injection site and fever

 Serious reactions are rare, much less common than the diseases vaccines prevent

Can children with colds, fevers or who are taking antibiotics be vaccinated?

Yes!

 Children can be vaccinated if they have minor illnesses, low grade fevers, or are taking antibiotics

What if a child is older than two? Is it too late to get him/her vaccinated?

No!

• Even though it is best to vaccinate babies on time, there are special schedules to make sure that older children are vaccinated and protected.

What if parents cannot afford to get their children vaccinated?

- Childhood vaccinations are no or low-cost if your children do not have insurance or if your children are enrolled in Medicaid.
- Ask your doctor about the Vaccines for Children (VFC) program.
- If you don't have a doctor or your doctor is not enrolled in the VFC Program, call 311 to find a Chicago Department of Public Health (CDPH) clinic near you.

Diseases and Infections



Vaccine Preventable Diseases

Optional Activity

"You've Got It " Game to Prepare:

- **1.** Count out enough blank cards or pieces of paper so each person in the group will get one.
- 2. Write an "I" (which stands for infected) on one piece of paper. Fold it in half. (tape or staple shut if possible).
- **3.** On half of the remaining cards or pieces of paper, write "IMM" for immunized.
- 4. Leave the other cards blank (do not write anything on them).
- **5.** Fold all cards in half (with writing on the inside of the paper). Tape or staple shut if possible.

The papers should be labeled in this way.



Tell them:

- **1.** "Do not open this paper".
- 2. "Get 3 people (or 5 people if there are 10 or more in the group) to sign their name on your paper".
- **3.** "Sign your name on 3 (or 5) other people's paper (not the people who signed your card)".

When everyone is finished:

- 1. Ask everyone to open their piece of paper.
- 2. Ask the person who has the "I" on her/his paper to stand. Explain that this person is "infected" with a communicable disease that is spread by "touching the paper" (direct contact).
- **3.** Ask the "infected" person to tell you who signed their names on his/her paper. Ask those people to stand.
- **4.** Ask the other people who have the "infected" person's name on their paper to stand.
- **5.** Tell all of the people standing that they have been exposed to this communicable disease (in contact with the infected person).
- **6.** Of the people standing, ask who has an "IMM" on their card. Explain that those people who are "immunized" are protected against this disease. They can sit down.
- 7. Of the people still standing, ask them if their paper is blank (empty) inside. Explain that they are NOT immunized and are NOT protected against this disease and may catch the disease from this "infected" person.

Disease

A specific illness or disorder characterized by a recognizable set of signs and symptoms, due to heredity, infection, diet or environment.

Communicable Disease

Any disease that can be transmitted from one person or animal to another, directly, or indirectly

Infection

Contamination of the body by a disease-producing germ / (e.g. bacteria, virus, fungus)
Vaccine Preventable Diseases

Diseases that can be prevented by vaccines

Most vaccine preventable diseases are communicable diseases

Vaccine Preventable Diseases

• Diphtheria • Mumps • H. influenzae (Hib) • Pertussis • Hepatitis A Pneumococcal • Hepatitis B • Polio • Human Papillomavirus (HPV)* • Rotavirus • Influenza • Rubella • Measles • Tetanus Meningococcal (MCV)* • Varicella (chickenpox)



Pertussis (Whooping Cough)

• Bacteria

- Severe spasms of coughing interfering with eating, drinking and breathing
- Pneumonia, brain swelling, death

Pertussis vaccine can prevent this disease (DTaP, Tdap)



Diphtheria

• Bacteria

- Sore throat and low-grade fever
- Blockage of the airway, coma, death

Diphtheria toxoid can prevent this disease (DTaP, Td, Tdap)



Measles

• Virus

- Rash, high fever, cough, runny nose, red and watery eyes
- Pneumonia, brain swelling, seizures, and death

Measles vaccine can prevent this disease (MMR, MMRV)



Mumps

• Virus

- Swelling of the glands near the jaw, fever, headache, muscle pain
- Meningitis, inflammation of testicles or ovaries, deafness

Mumps vaccine can prevent this disease (MMR, MMRV)



Rubella

• Virus

- Rash and fever
- Birth defects if women infected while pregnant
 - Deafness, mental retardation, heart defects

Rubella vaccine can prevent this disease (MMR, MMRV)



Polio

• Virus

- Stiffness of neck, legs and back, fever, sore throat, nausea, headaches
- Paralysis leading to inability to walk or breathe

Polio vaccine can prevent this disease (IPV)



Hepatitis A

• Virus

- Fever, fatigue, nausea, abdominal discomfort, jaundice
- Liver failure and death can occur

Hepatitis A vaccine can prevent this disease



Hepatitis B

• Virus

- Yellow skin or eyes, stomach ache, fatigue, loss of appetite
- Severe liver disease, cancer, death

Hepatitis B vaccine can prevent this disease



Influenza (flu)

• Virus

- High fever, muscle aches, cough, runny nose
- Between 3,000 to 49,000 deaths occur every year

The influenza (flu) vaccine can prevent this disease



H. Influenzae (Hib)

• Bacteria

- Blood stream, joint, skin and throat infections, meningitis or pneumonia
- Death in 1/20 children with meningitis

Hib vaccine can prevent this disease



Varicella (chickenpox)

• Virus

- Skin rash of blister-like lesions
- Bacterial infections of skin, swelling of the brain and pneumonia

Varicella vaccine can prevent this disease (VAR, MMRV)



Tetanus

• Bacteria

- Lockjaw, stiffness in the neck and abdomen, difficulty swallowing
- Death occurs in 1/3 cases

Tetanus toxoid can prevent this disease (Dtap, Td, Tdap)



Pneumococcal Disease

• Bacteria

- Otitis Media (ear infections): Fever, ear pain
- Pneumonia: Fever, chills, cough, chest pain
- Meningitis: Headache, neck pain, seizures, coma

Pneumococcal vaccines can prevent these infections (PCV13)



Meningococcal (MCV)

• Bacteria

- Blood infection, meningitis (infection of the fluid surrounding the brain and spinal cord)
- Up to 1 in 5 survivors have disabilities (hearing loss, loss of limbs)

Meningococcal vaccine can prevent this disease (MCV4, MenB)



Rotavirus

• Virus

- Severe diarrhea, vomiting and fever
- Worldwide, 500,000 children die every year

The rotavirus vaccine can prevent this disease (RTV)



The 5 Key Messages



Immunizations are safe 2

Immunizations are low or no cost



Fully immunize your baby by age two



Keep your child's immunization record in a safe place and take it with you to every doctor's visit and WIC appointment



Don't wait for school to get your baby immunized



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2022 Recommended Immunizations for Children from Birth Through 6 Years Old



NOTE:

If your child misses a shot, you don't need to start over. Just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions about vaccines

FOOTNOTES:

* Two doses given at least four weeks apart are recommended for children age 6 months through 8 years if age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.

§ Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 months after the first dose. All children and adolescents over 24 months of age who have not been vaccinated should also receive 2 doses of HepA vaccine.

If your child has any medical conditions that put him at risk for infection or is traveling outside the United States, talk to your child's doctor about additional vaccines that he or she may need.

U.S. Department of Health and Human Services Centers for Disease Control and Prevention

Parent Tips

R

Be There For Your Child Before Shots

Infants

- Bring your child's immunization record.
- Read vaccine information statements.
- Ask any questions.
- Bring along a favorite toy or blanket.
- Stay calm your baby picks up your feelings

Toddlers – All above, plus:

- Reassure your child honestly, "It might sting but it will only last a few second."
- Never threaten your child with shots, "If you are not good, I will have the nurse give you a shot."
- Encourage older siblings to reassure and comfort, not to scare your toddler.

Be There For Your Child During Shots

Infants – Distract and comfort by:

- Touching soothingly and talking softly.
- Making eye contact as you smile at him/her.

Toddlers – Also try:

- Holding your child securely on your lap.
- Talking to or singing with your child.
- Helping your child take deep breaths and slowly blow out the pain.
- Using a hand puppet.
- Pointing out posters or objects around the room.
- Telling your child a story or have him/her tell you one.
- Allowing your child to cry, don't force him/her to be brave.

Be There For Your Child After Shots

Infants – Comfort by:

- Holding, cuddling, caressing, and/or breastfeeding.
- Talking lovingly and soothingly.
- Asking your doctor for advice on using a non-aspirin pain reliever when you get home.

Toddlers – Also try:

- Giving praises and hugs or a surprise.
- Reassuring your child that everything is okay.

Be There For Your Child At Home

- Mark your calendar for your next appointment.
- Review vaccine information statements for possible reactions.
- A cool wet cloth can reduce redness, soreness, and/or swelling where the shot was given.
- Observe your child for the next few days. You might see a small rash or notice a fever. If your child has any reaction that concerns you, call your doctor or seek medical attention.
- To reduce pain or fever, your doctor may recommend you give your child a non-aspirin pain reliever.
- Also try giving your child a sponge bath with lukewarm water to reduce fever.
- Give your child plenty of fluids. It is normal if he/she eats less than usual for the next 24 hours.

Adolescent Vaccines



Human Papillomavirus (HPV)

- A virus that causes genital warts, cervical cancer, oropharyngeal cancer and anal cancer
- 80% of people will get an HPV infection in their lifetime without HPV vaccination
- HPV causes over 32,000 cases of cancer in men and women every year in the U.S.

The HPV vaccine prevents the most common causes of cervical cancer, anal cancer, oropharyngeal cancer and genital warts.



Meningococcal (MCV)

• Bacteria

- Blood infection, meningitis (infection of the fluid surrounding the brain and spinal cord)
- Up to 1 in 5 survivors have disabilities (hearing loss, loss of limbs)

Meningococcal vaccine can prevent this disease (MCV4, MenB)



Pertussis (Whooping Cough)

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- Pneumonia, brain swelling, death

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Influenza (flu)

• Virus

- High fever, muscle aches, cough, runny nose
- Between 3,000 to 49,000 deaths occur every year

The influenza (flu) vaccine can prevent this disease

Information for Parents

Recommended Immunizations for Children 7–18 Years Old

	Flu Influenza	Tdap Tetanus, diphtheria, pertussis	HPV Human papillomavirus	Meningococcal							MMR	
				MenACWY	MenB	Pneumococcal	Dengue	Hepatitis B	Hepatitis A	Polio	Measles, mumps, rubella	Varicella
7-8 Years												
9-10 Years							ONLY in					
11-12 Years							places where dengue spreads					
13-15 Years												
16-18 Years												
More Information:	Everyone 6 months and older should get a flu vaccine every year if they do not have contraindications.	All 11 - through 12-year olds should get one shot of Tdap.	All 11 - through 12-year olds should get a 2-shot series of HPV vaccine. A 3-shot series is needed for those with weakened immune systems and those who start the series at 15 years or older.	All 11 - through 12-year olds should get one shot of meningococcal conjugate (MenACWY). A booster shot is recommended at age 16.	Ages 10 years and older at increased risk should receive a serogroup B meningococcal (MenB) vaccine. Aged 16-18 years old who are not at increased risk may be vaccinated with a MenB vaccine.		Ages 9-16 years who live in dengue endemic areas AND have laboratory confirmation of previous dengue infection.					

COVID-19 vaccination is recommended for ages 5 years and older. Talk to your child's doctor or nurse about vaccines recommended for their age.

These shaded boxes indicate when the vaccine is recommended for all children unless your doctor tells you that your child cannot safely receive the vaccine.





These shaded boxes indicate the vaccine **SHOULD** be given if a child is catching up on missed vaccines.



These shaded boxes indicates children not at increased risk **MAY** get the vaccine if they wish after speaking to a provider.



These shaded boxes indicates children not at increased risk may get the vaccine if they wish after speaking to a provider.

Information for Parents

2022 Recommended Immunizations for Children 7-18 Years Old
Understanding COVID-19



VIRUS

COVID-19 is a disease caused by a virus called SARS-CoV-2, also known as Coronavirus.

TRANSMISION

COVID-19 is spread in three main ways:

- 1. Breathing in air when close to an infected person exhaling droplets and particles that contain the virus.
- 2. Having these droplets and particles land on the eyes, nose, or mouth from a cough or sneeze.
- 3. Touching eyes, nose, or mouth with hands that have the virus on them.

There have been 46.4 Million cases of COVID-19 and 754,000 deaths from COVID-19 in the United States, since the inception of the pandemic.*

COVID-19

(Symptoms)



SYMPTOMS

People who contract COVID-19 may experience mild or severe illness from the virus. Symptoms may start 2-4 days after exposure.

Symptoms include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Five Key Facts About COVID-19:



COVID-19 vaccines were developed quickly and safely.



COVID-19 vaccines are safe and protect your immune system without affecting your DNA.



Getting vaccinated is the best way to protect yourself and those you love.



COVID-19 vaccines protect yourself and your unborn baby from getting the COVID-19 virus.



COVID-19 vaccines and testing are available.



HOW WAS THE VACCINE MADE SO QUICKLY?

The creation of the COVID-19 vaccine was made possible through:

- Global research
- Teamwork
- Resources
- Public backing, and utilizing the knowledge obtained from similar coronaviruses.

The COVID-19 vaccines passed strict medical safety requirements only after:

• Ensuring that the thousands of people from diverse backgrounds (including Black, Indigenous, People of Color, and Latinos) who received them showed they were effective in protecting against COVID-19 with possibly developing minimal side effects.

How mRNA COVID-19 Vaccines Work

Understanding the virus that causes COVID-19.

Coronaviruses, like the one that causes COVID-19, are named for the crown-like spikes on their surface, called spike proteins. These spike proteins are ideal tartegs for vaccines.

What is mRNA?

Messenger RNA, or mRNA, is genetic material that tells your body how to make proteins.

What is in the vaccine?

The vaccine is made of mRNA wrapped in a coating that makes delivery easy and keeps the body from damaging it.

How does the vaccine work?

The mRNA in the vaccine teaches your cells how to make copies of the spike protein. If you are exposed to the real virus later, your body will recognize it and know how to fight it off.



COVID-19 vaccines are safe and protect your immune system without affecting your DNA.



The vaccines teach your immune system how to recognize and fight the virus that causes COVID-19.

The vaccines never enter where your DNA is stored.

The vaccines do not contain the live virus that causes COVID-19.

As of November 2021, nearly 500 million doses of the vaccines have been given in the U.S.*

COVID-19

(Vaccine Side Effects)



VACCINE SIDE EFFECTS

Not everyone experiences symptoms after getting vaccinated. Side effects may include:

- Pain, redness or swelling at the injection site
- Tiredness
- Headache
- Muscle pain
- Chills
- Fever and/or Nausea

Getting vaccinated is the best way to protect yourself and those you love.



WHO CAN GET THE VACCINE?

People aged 5 years and older are eligible to receive a COVID-19 vaccine. One or two shots are recommended followed by a booster shot.

BENEFITS:

The benefits of COVID-19 vaccination outweigh the known and potential risks:

- COVID-19 vaccines build protection.
- They are effective at preventing hospitalization and death.
- Vaccinated people with breakthrough infections have a shorter period of sickness.
- Vaccines reduce the spread of the virus to your family and friends.

COVID-19 vaccines protect yourself and your unborn baby from getting the COVID-19 virus.



THINGS TO CONSIDER:

- The vaccine tells your body to provide antibodies against the virus, which protects you and your baby even if you are breastfeeding.
- The potential risks to you and your baby are much higher if you get sick with COVID-19 than they would be from the vaccine itself.
- 3. Pregnant people with COVID-19 are also at increased risk for preterm birth and might be at increased risk for other poor pregnancy outcomes.

Testing for COVID-19

REASONS TO GET TESTED

- Experiencing COVID-19 symptoms.
- Being exposed to COVID-19.
- If traveling.

TYPES OF TESTING

Rapid Tests (Antigen):

- Nasal swab.
- Results in 15-30 minutes.

Laboratory Tests (PCR):

- Nasal swab or saliva.
- Results in 1-3 days.

Understanding your COVID-19 test results.

IF NEGATIVE:

- Fully vaccinated: return to normal activities.
- Not fully vaccinated and have symptoms/exposure, quarantine.
- Not fully vaccinated and no symptoms/exposure, return to normal activities and vaccinate.

IF POSITIVE:

- Isolate from others for the recommended period of time.
- Avoid contact with others.
- Monitor your symptoms.

Safety tips and steps you can take.



HOW TO PROTECT OTHERS:

- Wash your hands often with soap and water for at least 20 seconds.
- Clean commonly touched surfaces with a household cleaner.
- Wear a face covering if you need to be around other people, even within the home if you tested positive for COVID-19.
- Test often if not vaccinated or exposed.
- Get vaccinated.

The Challenge: Vaccine Hesitation

(Including COVID-19 vaccination)



Complacency: What we don't see, we don't fear.

Barriers: Obstacles that prevent movement or access to vaccination.

Fear: Caused by the belief that someone or something is dangerous, likely to cause pain, or a threat.

Uninformed: Not having or showing awareness or understanding of the facts.

The Solution: Vaccine Confidence, Conversations, & Education



Listen	with empathy
Ask	open-ended questions
Share	trusted information
Explore	reasons for wanting to get vaccinated

Resources



Find where to get vaccinated vaccines.gov



CDC FAQ Page CDC COVID19



Additional COVID Resources <u>https://everthriveil.org</u>



COVID Testing location in Illinois <u>https://dph.illinois.gov/covid19/testing.html</u>

EVER THRIVE ILLINOIS

CHAMPIONS FOR HEALTH EQUITY