

AUGUST NEWS 2021

Empowering you with information for
your emotional and physical wellbeing

Immunization Awareness Month

CONTENTS

- 2 // Immunization Facts
- 3 // Vaccines for Adults with Chronic Conditions
- 4 // Back to School Stress

A vaccine-preventable disease is an infectious disease for which a preventive vaccine exists. Vaccination prevents 2.5 million deaths each year.

All adults need vaccines to help prevent, getting and spreading serious diseases that could result in poor health, missed work, medical bills, and being unable to care for family. Vaccination is also one of the best ways parents can protect kids from 16 harmful diseases that can be deadly.



Balance for Life Program

866.273.8618

<https://balanceforlifeaz.hmchealthworksco.com>

EMAP Program

800.464.7101

<https://hmc.personaladvantage.com/>

Access Code: ARIZONA

Immunization Awareness



Only 1/3 of adults 60 years and older received a shingles vaccine.

There are approximately a million shingles cases per year. Complications from shingles can include pain from damaged nerve fibers, vision loss, skin infections and neurological problems.



Put vaccination on your back to school list to prepare your child for school.

You may need a certificate of immunization for school. Children 4 – 6 years, need additional doses of some vaccines, as well as a flu vaccine every year.



College students face a higher risk for the deadly infection meningitis B.

Teens are at increased risk for catching meningitis because of things they often do, like sharing water bottles, utensils, living in dorms, and kissing.



A flu shot reduces a pregnant woman's risk of being hospitalized with flu.

Getting the flu while pregnant can also be dangerous to your baby. It increases the chance for complications such as premature labor, delivery and birth defects.



For every \$1 spent on childhood vaccinations, our country saves about \$11.

Vaccination of children born during the past 25 years has saved the U.S. nearly \$406 billion in direct medical costs and \$1.88 trillion in total society costs.



Almost all U.S. COVID-19 deaths now are in unvaccinated people.

99% of all U.S. COVID-19 related deaths since May are in those who did not get their COVID shot(s). Even with a surplus amount of vaccines, only 46% are vaccinated.

Immunization Facts

SMART SAFE SENIORS

75% of U.S. seniors are vaccinated for COVID-19. Seniors accounted for 80% of the U.S. overall death toll.

MAMA BEAR

Women who get the flu vaccine while pregnant protect their babies from flu for their first 6 months.

CONTROL CERVICAL CANCER

There was a 90% reduction in cervical cancer in females who received the HPV vaccine before age 17.

NEW ENGLAND NUMBERS

6 of the most COVID vaccinated states are in New England. Well done CT, MA, RI, VT, NH and ME!

LOVE YOUR LIVER

Individuals chronically infected with hepatitis B have a 25% to 40% lifetime risk of developing liver cancer.

Vaccines for Adults with Chronic Diseases

Everyone needs to get vaccinated for COVID-19 for their personal health and safety and that of others. People managing ongoing health issues need to pay especially close attention to their other immunizations as well. Every year thousands of adults with chronic conditions get sick and/or die from diseases that could be prevented by vaccines.

Vaccines

INFLUENZA

Protects against seasonal flu every year.

PNEUMOCOCCAL

Protects against pneumonia, bloodstream infections, or meningitis.

TDAP

Protects against tetanus, diphtheria, and whooping cough.

HEP B

Protects against hepatitis B.

SHINGLES

Protects against shingles.

HPV SERIES

Protects against human papillomavirus if you are a man or woman up to age 26 years.

TD*


Protects against tetanus.

COVID-19


Protects against severe acute respiratory syndrome coronavirus (SARS-CoV-2).

Check with your doctor as additional vaccination needs vary and are determined by age, job, lifestyle, travel habits, and past vaccinations.

	DIABETES	INFLUENZA
		PNEUMOCOCCAL
		TDAP
		HEP B
		SHINGLES
		COVID-19

	HEART DISEASE STROKE CARDIOVASCULAR DISEASE LUNG DISEASE & ASTHMA	INFLUENZA
		PNEUMOCOCCAL
		TDAP
		SHINGLES
		COVID-19

	IMMUNOCOMPROMISING CONDITIONS	INFLUENZA
		PNEUMOCOCCAL
		TDAP
		HPV SERIES
		COVID-19

	NO CHRONIC CONDITIONS	INFLUENZA
		TDAP
		TD*
		COVID-19

* If you receive Tdap vaccine – you don't need Td vaccine



Back to School Stress Awareness

Returning to School After Coronavirus

It's back-to-school time for the 2021-2022 school year. While back-to-school can be hard for kids and parents in a normal year; this year, kids, their families, and school personnel faced extraordinary circumstances due to the pandemic. We've had a complicated mission dealing with anxiety and uncertainty. For more than a year, kids and adults were reminded to keep distance from people, keep their masks on, use sanitizer, or wash their hands.

- 31% of parents surveyed said their child's mental or emotional health was worse than before the pandemic. -

There's been anxiety in the air, and kids and adults have felt that. Add to that, going from a more relaxed summer schedule to a new school year, filled with new faces, homework, and more scheduled activities. A mix of stress, anxiety, and anticipation occur. The good news is that there is also the joy of rejoining the world— and a newfound resilience and an appreciation for even little things.

Below are some strategies to help your family ease back into the school routine:

- » **Calm yourself.** Working through your own feelings will make it easier for you to support and reassure your child.
- » **Validation.** Let your child know that his nervous or apprehensive feelings about returning to school are normal.
- » **Reinforce good sleep habits.** Plenty of rest and sleep are important for preventing depression and other mental health issues.
- » **Be available.** Make connecting part of your routine. Walking, driving home together or having uninterrupted dinners are useful to bond and communicate.
- » **Serve healthy food and encourage healthy eating.** Food choices affect mood, concentration, and energy. Serve nutritious foods including vegetables, fruits, and whole grains.
- » **Encourage regular exercise.** Physical activity is great for mental wellness and has been shown to enhance coping skills and decrease depression and anxiety.

If you feel like you and your child would benefit from some added support right now, contact your employer's employee assistance program and/or primary care doctor.

Balance for Life Program

866.273.8618

<https://balanceforlifeaz.hmchealthworksco.com/>

EMAP Program

800.464.7101

<https://hmc.personaladvantage.com/>

Access Code: ARIZONA

Don't miss our August webinar



This Month's Featured Webinar

Practicing Gratitude to Boost Your Happiness

Wed, Aug 11, 2021 12:00 PM - 1:00 PM PDT

Gratitude is the extremely powerful quality of being thankful that can change your life for the better. If you're looking to bring more happiness into your life, then practicing gratitude is your answer. Gratitude opens your heart and your mind allowing you to feel more present, generous, thankful, empathetic, kind, patient, positive and more aware of the beauty that surrounds you.

Register using the link below

<https://www.ibhsolutions.com/august-webinar-2021/>

This Month's Featured Blog & Podcast

Top 10 Reasons to Get Vaccinations

Read Now:

<https://www.hmchealthworks.com/august-blog-2021>

A Teachers Perspective on Going Back to School After the Pandemic

Listen Now:

<https://www.hmchealthworks.com/august-podcast-2021>