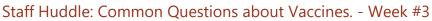
## Staff Huddle: Vaccine Definition and How they are Administered. - Week #1

- A vaccination is a medication that is used to make the body's immune response react against diseases.
- Vaccines are usually administered through needle injections, but some can be administered by mouth or sprayed into the nose.<sup>2</sup>

## Staff Huddle: Why are Vaccines Important. - Week #2

- Vaccines help your body create protective antibodies—proteins that help it fight off infections.
- Some people may not be able to get certain vaccines because of age or a health condition.
  - People at risk are less likely to catch a preventable disease when you as a healthcare worker and others around them are vaccinated against it<sup>4</sup>.



• Are vaccines safe?

Yes. Millions of individuals safely receive vaccines each year. The most common side effects are very mild, such as pain or swelling at the injection site<sup>7</sup>.

- Is it better to get sick with a disease than get a vaccine for it<sup>®</sup>?
  - No. These diseases can be a serious, especially among young children, older adults, and people with certain chronic health conditions, such as asthma, heart disease or diabetes.
- Any infection can carry a risk of serious complications, hospitalizations, or death, even among otherwise healthy children and adults. Therefore, getting vaccinated is a safer choice than risking illness to get immune protection.



Dakota | Health & Human Services

Dakota | Health & Human Services

Dakota | Health & Human Services

Staff Huddle: What Vaccines are Recommended for Frontline Staff. - Week #4 Recommended Vaccines:

- Hepatitis B
- Influenza (Flu)
- MMR (Measles, Mumps, and Rubella)
- Varicella (Chicken pox)
- Tdap (Tetanus, diphtheria, and pertussis)
- Meningococcal
- Coronavirus (COVID-19)
  - Be sure to ask your healthcare provider regarding any boosters needed for the above vaccines.

