

# The Pulse

Keeping a pulse on healthcare integration at RBH



Global vaccinations are on the decline. **According to the UNICEF, 25 million children missed out on lifesaving vaccinations in 2021.** Immunizations help protect the body from seriously infectious diseases and are commonly known as vaccines. Routinely during an immunization a person is injected with a weakened form of a disease. This triggers your body's immune response, causing it to either produce antibodies or induce other processes that enhance immunity. This way if the vaccinated person is ever exposed again to the actual disease, their immune system is prepared to fight off the infection. A vaccine will typically prevent the onset of a disease or reduce its seriousness. As with any medication there are some mild side effects with vaccines. Most common minor reactions to an immunization are soreness or redness around the injection site and a low-grade fever. Side effects like these usually disappear in a few days. **Most of the recommended childhood immunizations are 90%-100% effective, according to the Center for Disease Control and Prevention (CDC).** The CDC also states that thousands of adults in the United States get sick annually from diseases that are preventable through vaccines. **Vaccines are very important for people with Asthma and COPD who are at an increased risk for influenza and pneumonia.** Some people with an increased risk for certain diseases may need additional vaccinations. **Visit the following CDC website below to get more information on what vaccinations you or your child might be missing**

<https://www.cdc.gov/vaccines/adults/rec-vac/index.html>

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# 9 Facts to Share During National Immunization Awareness Month



National Immunization Awareness Month is a great time to spread the word about the importance of vaccines. Each year, vaccines are known to protect individuals from getting seriously ill with diseases. Share these facts from the WHO, CDC, and various other health organizations.

## Fact #1: Vaccines Prevent Millions of Deaths

Timely vaccinations — like the MMR shot — are known to prevent between 2-3 million deaths annually from diphtheria, tetanus, pertussis (whooping cough), and measles.



## Fact #2: There are 12 Recommended Vaccines

Vaccinations are recommended for adults, especially those who need boosters or are traveling overseas. Some you need every year — like the flu vaccine — and others only once, like the chickenpox vaccine.

## Fact #3: Vaccines Stimulate Your Immune System

Just like if you were exposed to the disease, the vaccine you receive for specific diseases stimulates your immune system in order to create antibodies. These antibodies are what protect you and offer immunity without having to get the disease itself.



## Fact #4: You Can Locate Your Vaccination Records

While there isn't a national vaccination records registry, you can do some detective work to track down your records. Doing so can reduce the chances you are vaccinated twice for the same health concern. Check with your parents for childhood records, your high school or college health services, previous employers, public health clinics, or your state's health department.

## Fact #5: Certain Shots Are Suggested for Pregnant Women

Pregnant women are recommended to vaccinate against the flu and whooping cough during each pregnancy. Doing so provides immunity for the baby during the first few months of life when his or her immune system is developing. Hepatitis B and A shots may also be recommended.



## Fact #6: Vaccines Are Thoroughly Tested

Prior to the release of any vaccine (with the exception of Emergency Use Authorization vaccines), lengthy testing is required in thousands of individuals to ensure its safety. After it's licensed, vaccines are monitored and any adverse reactions are tracked and reported by every health department nationwide.

## Fact #7: Vaccines May Limit the Spread of Antibiotic Resistance

The World Health Organization (WHO) states that vaccinating humans and animals is one way to keep them from getting infected by various diseases that would require antibiotic treatment. Developing new vaccines is one way public health officials and scientists are working on antibiotic resistance.



## Fact #8: Vaccines Have Nearly Eradicated Polio

Polio took its toll on thousands of people each year beginning in the 1900s. By 1950, two vaccines had been developed to fight against the disease that paralyzed so many individuals — including many in Africa. By the 1980s, a campaign to eradicate polio began. Thanks to the use of the vaccine in Africa, the country was declared "certified wild poliovirus free."

## Fact #9: Not Everyone Can Vaccinate

The reason it's important for those who can get a vaccine to do so is for the individuals who can't. Some people with weakened immune systems may be unable to get the vaccine against the very disease they may be more prone to catching. But these individuals can be protected if they live among many who are vaccinated — this is called herd immunity.





# RICH Clinic upgrade loading....



Since its opening in 2014, the RICH Recovery Clinic has served over 3,500 clients and is equipped with an on-site pharmacy. It provides basic and ongoing health screenings, chronic disease monitoring and management, immunizations, peer support/health care navigation, and Office-Based Opioid Treatment (OBOT) program.



As more and more clients seek to receive services through the clinic, the need for renovation became essential. In 2021 the RICH Recovery Clinic began construction on adding extra examination rooms and offices, as well as expanding the waiting area. Now that construction is nearing an end, the RICH Recovery Clinic has 4 total examinations rooms to help staff see and assess multiple clients at once. The expanded waiting area helps ease flow and cut down on appointment wait time. Thanks to this renovation clients will be able to quickly and conveniently get their needs met.



A very special **THANK YOU** to the RICH Recovery Clinic staff for continuing to provide outstanding service throughout the renovations. Also, congratulation to our wonderful Certified Medical Assistants (CMA) who were voted as the RBH team of the month in July! **Congratulations Latoya, Rasheena, and Sandy!!!**





# Remember to do your part!

The RICH Recovery Clinic provides a wide range of immunizations for its clients including: Pneumococcal, Tetanus, Measles, HPV, Shingles, Hepatitis A & B, Meningococcal, Influenza/Flu, and COVID 19!

To make an appointment have your Case Manager email Chandra McMillan at [mcmillanc@rbha.org](mailto:mcmillanc@rbha.org)

