

Vax in a Minute



Respiratory Season Monthly Vaccine Flyer Kit for Long-term Care Settings



To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email doh.information@doh.wa.gov
DOH 348-1052 September 2024

How to use this toolkit

These flyers are intended to supplement your site's long-term care immunization program. They may be used regularly by staff in preparing for and conducting routine on-site vaccine clinics. Use as conversation starters by staff to help connect with residents forecasted as due for vaccines and to help individuals consider if getting vaccinated is right for them.

Flyers can be used at the bedside, at visitor sign-in stations, in dining halls and common areas to provide accurate, timely vaccine information. Flyers can also be used by infection preventionists, immunization program managers or resident care coordinators for resident meeting planning and preparation, and with a Power of Attorney or Guardian. Flyers can be useful for planning and discussion during care conferences, as a resident take away for later review and consideration or for a resident to share with loved ones to consider and discuss getting vaccinated.

Other resources:

[Long-Term Care Immunization Toolkit](#)

[Respiratory Diseases and Older Adults](#)

Monthly immunization program tools for use during all four seasons

Plan on sharing one flyer each month from September through March for anyone who is not up to date on respiratory immunization vaccines. There are two seasonal flyers at the end of the kit. Use these for ongoing vaccine work later in the spring and summer. It's a best practice for immunization programs to be operational all year long.

Visit the [Department of Health Respiratory Illness Data Dashboard](#) to learn what respiratory illnesses are active in your community, and how severe activity is.

Vax in a Minute

September 2024



Fall is in the air! And so are respiratory viruses.

Now is a good time to get vaccinated for illnesses that usually increase in the fall, such as flu, COVID-19, or respiratory syncytial virus (RSV).

Vaccines are safe and recommended by the Centers for Disease Control and Prevention (CDC). For most people, the benefits of vaccination will outweigh the risks. Some people will have mild side effects for a few days. Harmful side effects are very rare.

For older adults and adults with health conditions, these illnesses can lead to:

- trouble breathing
- heart inflammation
- brain inflammation
- organ failure.

These symptoms can result in unexpected hospitalization and also cause death.

Don't wait, ask staff or your provider about getting vaccinated soon. They will help you decide what vaccines are right for you.

Vax in a Minute

October 2024



Get vaccinated now to be protected from severe respiratory illness later!

Anyone can get sick, even in a healthy space. Illnesses like flu are spreading in the community. While flu illness can be mild for some, older adults and adults with health conditions can become very ill.

Flu vaccines have a long record of safety. Flu vaccines are your best defense against becoming very ill from the flu. The vaccine can not give you the flu. Getting vaccinated can protect you against serious illness that can lead to hospitalization or even death.

You can get your flu vaccine at the same time as COVID-19 and other vaccines. Talk with staff or your provider about what vaccines or boosters are right for you.



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November 2024



Enjoy upcoming holidays by avoiding respiratory illnesses!

Great food, loved ones, good friends and fun all help us enjoy the holidays. Getting sick and feeling ill is unpleasant, getting hospitalized is worse.

Germs that cause respiratory disease can spread between the residents, staff—who can also get sick from their household or the community—and visitors.

Respiratory syncytial virus (RSV) can lead to hospitalization and even death. RSV can cause pneumonia, and can make conditions such as asthma and chronic obstructive pulmonary disease (COPD) much worse. At this point you only need one RSV vaccine.

Getting vaccinated for RSV, flu and COVID-19 is your best defense. Vaccines help protect you, your loved ones, and those in your greater community. Ask to get vaccinated so you and others are prepared to enjoy the best part of the holidays.

Vax in a Minute

December 2024



There's winter joy in a hot beverage, but none from the flu or RSV!

Now is the season to enjoy good company, music, food and entertainment. Don't let preventable illness ruin your holiday season. Get vaccinated against respiratory viruses like flu, respiratory syncytial virus (RSV) and COVID-19 now.

Even in healthy spaces, anyone can catch and spread respiratory viruses. Adults who are older or have health conditions are at higher risk of serious illness and hospitalization.

Vaccines or boosters can help keep you and others well during the holidays. Vaccines have been used for over 100 years and are continuously reviewed for safety. The benefits of vaccine outweigh the risks. Ask about getting recommended vaccines today.

Vax in a Minute

January 2025



It's not too late to get vaccinated!

Flu, respiratory syncytial virus (RSV) and COVID-19 viruses are around through spring and summer months. Start your year off right. Get vaccinated to protect yourself, your neighbors and your visitors against preventable illnesses.

While illnesses like flu and COVID-19 can be mild for some, others can become seriously ill. For some, this might mean hospitalization or death. Older adults and adults with health conditions are at higher risk.

Getting vaccinated reduces your chances of becoming dangerously ill or having to go to the hospital. The CDC shows COVID-19 and flu as the main causes of death from respiratory viruses between May 2023 and April 2024.

Talk with staff or your provider about what vaccines or boosters you need to be protected today.

Vax in a Minute

February 2025



As spring approaches, viruses are still spreading—are you protected?

When you're looking forward to warmer weather, it's hard to be active when you don't feel well.

It's not too late to get vaccinated against preventable respiratory viruses spreading in the community. Don't let a preventable respiratory illness from respiratory syncytial virus (RSV), flu or COVID-19 get in the way of your spring plans.

Vaccines are safe and have been used to protect people against preventable illnesses for over 100 years. Vaccines are your best defense against respiratory illnesses. Germs that might cause mild illness in healthy adults can cause severe illness in older adults and adults with health conditions.

Ask staff or your provider about getting vaccinated soon. They will help you decide what vaccines are right for you.

Vax in a Minute

March 2025



Spring is here, but so are respiratory viruses!

Don't let a preventable respiratory illness keep you from spending time in the sunshine, enjoying spring flowers or being outdoors with friends. It's not too late to get vaccinated against respiratory illnesses like flu, respiratory syncytial virus (RSV) and COVID-19.

While respiratory illnesses can be mild for some, others can become seriously ill. Older adults and adults with health conditions are at higher risk of hospitalization. Vaccines can protect you from serious symptoms, such as heart inflammation, if you do become ill.

The seasonality of respiratory viruses have changed over the past few years. Viruses can now remain active year round. As an older adult or someone with health conditions, the choice to vaccinate is an important one. It can improve your wellness all year. Ask staff or your provider about vaccines to help keep you well this spring.

Vax in a Minute

Spring 2025



Spring into action. Get protected by vaccines now!

Did you know respiratory illnesses like COVID-19 and flu can spread all year?

Vaccinated people usually enjoy better health all year long and are an important part of a healthy community. You can get vaccinated during the year until vaccines expire. Make sure you, other residents, loved ones, and facility staff are best protected by getting vaccinated.

Vaccines are really important to protect at risk people. This includes people who have health conditions, are immune compromised or are pregnant.

Make the most of this year by avoiding viruses like respiratory syncytial virus (RSV), flu and COVID-19. Ask staff or your provider about getting vaccinated or to check if you're up to date.

Vax in a Minute

Summer 2025



Stay healthy this summer— Get vaccinated!

Summer joys include sunshine, blue skies, cool drinks, friends and fun. Don't let preventable illnesses like flu and COVID-19 ruin your chance for summer fun!

Respiratory illnesses can spread even in the summer. While respiratory illnesses can be mild for some, others can become seriously ill. Older adults and adults with health conditions are at higher risk of hospitalization and death from these illnesses.

Being vaccinated can reduce your risk of serious illness even if you do become ill. For example, being vaccinated against COVID-19 and flu reduces your chances of myocarditis (inflammation of the heart).

It's not too late to get caught up on vaccines that protect you. Ask staff or your provider about getting vaccinated soon.