

# Influenza (Flu) Vaccines & Pneumococcal Vaccine

## Influenza (Flu) Vaccine

Influenza (flu) is a contagious respiratory illness caused by [influenza viruses](#). It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Complications of flu can include bacterial pneumonia, ear infections, sinus infections and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes (CDC, 2020).

## Lower the Risk of Flu

The most effective way for people to avoid the flu is to be vaccinated before flu season every year. The CDC (2020) recommends routine annual influenza vaccination for all persons aged  $\geq 6$  months who do not have contraindications.

## When to Get the Flu Vaccine?

The CDC recommends everyone 6 months or older get a Flu vaccine each year. The CDC (2020) recommends that people get a flu vaccine by the end of **October**.

It takes about two weeks after vaccination, for antibodies to develop in the body to provide protection against the Flu.

## Where to get the Flu vaccine?

Flu vaccines are offered at many different venues: physician's offices, clinics, health departments, pharmacies, college health centers, schools, and work. You can also find a Flu vaccination provider at [Vaccine Finder](#).

## Pneumococcal Vaccine

Pneumococcal infections are common in young children and older adults, or those with weakened immune systems, or chronic conditions. Pneumococcal bacteria which resides in human throats and noses, can cause many types of pneumococcal illnesses, which range from mild, to severe. Pneumococcal bacteria can spread from the nose and throat to ears, sinuses, the lungs or the bloodstream. When the bacteria spread into other parts of the body, it can cause pneumococcal pneumonia, bacteremia, meningitis and sepsis. Pneumococcal sepsis is often fatal.

## Lower the Risk of Pneumococcal Disease

The most effective way for people to avoid a pneumococcal infection, is to get vaccinated. There are 2 kinds of vaccines that can prevent pneumococcal infections:

- Pneumococcal conjugate vaccine or PCV13.
- Pneumococcal polysaccharide vaccine or PPSV23.

## When to Get Pneumococcal Vaccine

### CDC recommends PCV13 for:

- All children younger than 2 years old.
- People 2 years or older with chronic health conditions.

### CDC recommends PPSV23 for:

- All adults 65 years or older.
- People 2 through 64 years old with chronic health conditions.
- Adults 19 through 64 years old who smoke cigarettes.

If you are unsure if an individual should be vaccinated for Pneumococcal infection, ask their PCP.

## Where to Get the Pneumococcal Vaccine

- Pediatric offices.
- Family practice offices.
- Community health clinics.
- Public health departments.
- Local Pharmacies.

You can also find a Pneumococcal vaccine provider at [Vaccine Finder](#).

## Immunization Records

Ask the physician, pharmacist or other vaccine provider for an immunization record during vaccination. It is critical that an accurate and up-to-date record of the vaccinations are stored in the individual's health record.

## App of the Month



Quick access from CDC to ACIP-recommended immunization schedules. Intended for healthcare professionals recommending and administering vaccines to infants, children, adolescents, and adults. This tool provides child and adolescent schedules, with immunization recommendations from birth through age 18; Adult schedule, listing recommended vaccines for adults by age group and by medical conditions; Contraindications and precautions table, with footnotes applying to schedules. Automatically updates. (*App of the Month is not endorsed by DBHDS Office of Integrated Health. User accepts full responsibility for utilization of app.*)

### References

- Centers for Disease Control and Prevention (2020). Vaccine finder: <https://vaccinefinder.org/>
- Centers for Disease Control and Prevention (2020). Pneumococcal vaccine timing for adults <https://www.cdc.gov/vaccines/vpd/pneumo/downloads/pneumo-vaccine-timing.pdf>
- Centers for Disease Control and Prevention (2020). CDC Digital Media Toolkit: 2020-21 Flu Season: <https://www.cdc.gov/flu/resource-center/toolkit/index.htm>
- Center for Disease Control and Prevention (n.d.). Pneumococcal disease in adults and the vaccines to prevent it. <https://www.cdc.gov/pneumococcal/resources/prevent-pneumococcal-factsheet.pdf>
- Immunization Action Coalition (2018). Vaccine administration record for adults. <https://www.immunize.org/catg.d/p2023.pdf>

### ABA Snippets

#### Why Graph Behavior Data?



While behaviorists are keenly focused on data collection, some consumers may not know what should happen with data after it has been collected. Behaviorists use graphical displays of behavior to make decisions about programming that cannot be garnered from raw data alone. The most frequently used graphical display in behavior analysis is a line graph, where the x-axis (horizontal) displays a representation of time (e.g. days) and the y-axis (vertical) displays the range of values of behavior, such as frequency or duration (Cooper, Heron, & Heward, 2007). There are numerous benefits to converting raw data to graphical displays, including the ability to analyze data trends, range/levels, and stability/variability in response to interventions (or other variables that could influence behavior, such as medication changes). Behavioral practitioners review graphs to determine whether the intervention(s) is having the desired effect, if a modification is needed, or if discontinuation of the current intervention(s) is indicated altogether (Vanderbilt Kennedy Center, n.d.). For consumers of behavioral services, it is recommended to inquire about graphical displays of progress from your behaviorist. For behaviorists, it is critical to share and explain graphs with stakeholders, and to avoid technical jargon when doing so. Resources that may be of interest to readers are provided below.

References  
Cooper, J., Heron, T. & Heward, W., (2007). *Applied behavior analysis*. 2nd ed. Upper Saddle River, NJ: Pearson.  
Dixon, M.R., Jackson, J.W., Small, S.L., Homer-King, M.J., Lik, N.M., Garcia, Y. & Rosales, R. (2009). *Creating single-subject design graphs in Microsoft Excel 2007*. *Journal of Applied Behavior Analysis*, 42(2), 277-93.  
Fuller, T.C. & Dubuque, E.M. (2019). *Integrating phase change lines and labels into graphs in Microsoft Excel®*. *Behavior Analysis in Practice*, 12(1), 293-299.  
Vanderbilt Kennedy Center, (n.d.). *Graphing individual student data with Microsoft Excel™: Tips and resources for teachers*.  
<https://vk.mc.vanderbilt.edu/assets/files/tipsheets/graphingdatatips.pdf>

### Wellness Corner

#### Environmental Wellness



Environmental wellness involves being aware of your personal surroundings, and how it can impact your health. Your environment is everything which surrounds you in your daily life. The environment is not just about the planet on which we all live. Your personal environment (on the micro-level) includes your home or apartment, (inside and out), and may include a workplace, a school venue, or a church you attend. On the macro-level, an environment includes your community, your state, your country and the world. Improved environmental well-being can positively impact an individual's physical, mental and spiritual health (Amaya, Melnyk, and Neale, 2018).

Having access to clean air, clean water, and fresh food, plays a significant part of a person's physical health. Several current research studies have demonstrated improvements to an individual's health and well-being by spending just a few minutes outdoors every day. Taking a walk outside in nature has shown to reduce stress and depression, as opposed to talking a walk around the inside of a home, or a building. (Amaya Melnyk, and Neale, 2018) (Centers for Disease Control and Prevention (CDC), 2018).

One way to improve your environmental wellness is to keep your environment organized. A well-organized space can help ease stress and anxiety in your daily life, as well as promote stronger decision-making skills. Taking just 15 minutes out every day to organize your indoor environment, can help to reduce undue anxiety in the future, and can reduce large daunting chores into more manageable tasks (Crane, 2016).

Improved environmental wellness comes from feeling physically safe and emotionally secure in your surroundings. Community services and social supports are good resources to help people to create healthy living situations, improved learning opportunities, and successful work positions. The people we chose to spend our time with, impacts our mental health as well (Amaya, Melnyk, and Neale, 2018). Promoting and including time in our lives for contemplation, and relaxation improves one's spiritual health (Swarbrick, 2012).

References  
Amaya, M., Melnyk, B.M., & Neale, S. (2018). Environmental wellness. *American Nurse Today.com*. Retrieved from <https://www.myamericannurse.com/environmental-wellness/>  
Crane, K. (2016). Why decluttering is good for your health. *U.S. News and World Report*. Retrieved from <https://health.usnews.com/wellness/mind/articles/2016-11-08/why-decluttering-is-good-for-your-health>  
Centers for Disease Control and Prevention (CDC). (2018). Organizational-level assessment: Environmental assessment. Retrieved from <https://www.cdc.gov/workplacehealthpromotion/model/assessment/environmental.html>  
Swarbrick, M. (2012). A wellness approach to mental health recovery. *Recovery of People with Mental Illness: Philosophical and Related Perspectives*. (pp. 30-38). Oxford, UK: Oxford University Press.



### Dental Facts and Tips

Tooth brushing is essential for good oral hygiene health and care. Brushing, in addition to flossing, removes plaque and bacteria that can cause decay and other oral health risks. [Individuals with developmental disabilities are at increased risk for poor oral care](#), so it is important to determine which type of toothbrush, brushing technique, or reinforcement an individual responds positively to best, in order to increase tooth brushing compliance.

For more information regarding dental facts, tips or dental service inquiries please email the DBHDS Dental Team at [dentalteam@dbhds.virginia.gov](mailto:dentalteam@dbhds.virginia.gov)

References  
American Dental Association (2020). 2020 Brushing calendar. <https://www.mouthhealthy.org/en/resources/activity-sheets/brushing-calendar>  
American Dental Association (2014). How to brush your teeth. <https://www.youtube.com/watch?v=xm9c3HAU8pY>

### Coronavirus/COVID-19

The COVID-19 pandemic is a rapidly evolving situation. The following links will help you stay up-to-date with the latest information. To submit COVID-19 questions (for response in an upcoming DBHDS FAQ), please email [stephanie.waite@dbhds.virginia.gov](mailto:stephanie.waite@dbhds.virginia.gov)  
**Latest Resources for CSB's & Other Licensed Providers:** DBHDS – Frequently Asked Questions [08/17/2020] <http://www.dbhds.virginia.gov/assets/doc/EI/dbhds-covid-19-8.17.20.pdf>  
Department of Behavioral Health & Developmental Services, COVID-19 website <http://www.dbhds.virginia.gov/covid19>

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