

Immunizations for Adults Activity

Pre-Learning Quiz

Length: 5 minutes

Materials: Microphone if available, computer and screen optional for video and PowerPoint slides.

Introduce Activity: Have the participants sit in a comfortable area. Use a microphone as needed. Begin by introducing yourself and explain that you will play a true/false game to see how much everyone knows before starting the activity. Participants give a thumbs up for true and thumbs down for false. Read the questions below and have participants answer by a thumbs up or down. Review the correct answer.



Option A: Group discussion

If you have one presenter, ask the questions aloud and let participants answer with a thumbs up or thumbs down. Review answers with the group and allow time for discussion after each question.



Option B: One on one discussions or small groups

If there are multiple students/volunteers, pair each volunteer with a resident or at a table with a few residents to allow for social connection and conversation.

Have students read questions to the resident or small group of residents and allow discussion. Have students review correct answers with the individual or group after each question.

Immunizations for Adults Activity

Pre-Learning Quiz

1

Getting sick is the only way to develop immunity (be protected from) a disease? (True/False)



False: You don't have to experience an infectious disease to develop immunity, you can get vaccinated. Immunization is the safest way to build immunity. Getting the disease can put you and others around you at risk for severe illness and in some cases, long-term disability or death.

2

If the children in the family are vaccinated, the adults or grandparents don't need to worry about getting vaccines. (True/False)



False: Both children and adults need immunizations to protect themselves and their family from disease. Even if you were fully immunized as a child, protection can wear off over time and you may need a booster. There are also some immunizations that are first recommended in adulthood.

3

When you have a disease, it can be harder for your body to fight off an infection. (True/False)



True: if you have a health condition it may be harder for your body to fight off an infection, so it is especially important to get immunized. Talk to your health care provider if you have questions.

4

The more people are vaccinated, the fewer opportunities a disease has to spread. (True/False)



True: when a community has high vaccination rates, diseases don't have the opportunity to spread. This is important as it protects babies who are too young to be vaccinated, and people who may not be able to be vaccinated, like those who are going through cancer treatments.

5

It is recommended to get the flu vaccine once every five years. (True/False)



False: It is recommended to get the flu vaccine every year in the fall. The influenza virus changes from year to year, and your body needs the booster for protection.

Immunizations for Adults

The Importance of Immunizations

Length: 30 minutes

Materials: Microphone if available, computer and screen optional for PowerPoint slides and video, disease and symptom game cards, healthy living booklets and stickers (included in kit).

Introduce activity: We are going to talk about why it is important to stay up to date with your immunizations and discuss where to find more information.

1 Did any of the answers in the pre-learning activity come as a surprise to you?

2 We are going to watch a video on the importance of vaccines for older adults to go over some of the answers.

Only watch to the 3-minute mark as the information after that is US specific.

Video “Importance of Vaccines for Older Adults” (watch until the 3:00 mark)



<https://youtu.be/hodb65EkorM>

3 Discuss with the group – which reason to be vaccinated stood out to you the most?

4 Now that we understand why vaccines are important, we can talk about what vaccines are recommended for adults. We’re going to play a game to match the recommended vaccine with symptoms of the disease.

- Hand out the matching activity sheet (pg 31) to each participant or each table of participants (depending on if they are doing the activity as individuals or as groups).
- Give everyone a few minutes to make their best guess of matching the immunizations to the symptoms the vaccine can prevent against.
- Review the correct answers with participants.

5 Where can I find more information on vaccines?

Hand out the healthy living booklet and have participants review the immunization record and section on “Where can I find more information”

Immunizations for Adults

The Importance of Immunizations (continued)

6

Encourage participants to review their immunization history with a health care provider and see if they are in need of any vaccines.

Over time if your medical condition changes, or if you are taking certain medications or treatments, you may be recommended additional vaccines. Make sure to talk with your health care provider about protecting yourself and your loved ones by staying up to date with vaccines.

7

Ask participants – what is one thing you learned today? Put a sticker in participants healthy living booklet to show completion of the activity.

Draw a line from the vaccine name to the symptoms the vaccine can prevent

Vaccine	Symptoms of infection the vaccine prevents
Tetanus	• Fever, headache, runny nose • Sore throat and cough • Extreme tiredness • Possible lung infection • Muscle pain
Shingles	• Fever, breathing problems • Muscle spasms, pain • Paralysis, seizures • Lockjaw
COVID-19	• Fever • Severe nerve pain • Rash lasting 2-4 weeks • Itching and tingling of skin
Influenza	• Fever, headache, runny nose • Sneeze, cough, sore throat • Loss of sense of smell or taste • Difficulty breathing • Nausea or vomiting • Extreme tiredness
Pneumococcal or Pneumonia	• Fever, cough, shortness of breath • Chest pain, joint pain • Deafness • Lung infection • Sensitivity to light

Answer Key

