

INSTITUTE FOR PREVENTIVE HEALTHCARE & ADVOCACY



Kathey Avery, RN, BSN

Avery Health - Education and Consulting brings extensive experience and knowledge to help individuals and groups achieve positive health outcomes and implement equity.

Kathey Avery, founder and owner of Avery Health - Education and Consulting, has more than 35 years of experience in healthcare and community activism. She is dedicated to raising awareness about, and helping in the prevention of, chronic diseases and preventable cancers through patient and public education and personal accountability.

Contact Kathey Avery today at 828-768-2369 to schedule a talk or workshop. For more details, please visit www.AveryHEC.com



The mission of the **Institute for Preventive Healthcare & Advocacy** is to promote optimum health for all residents of Buncombe County and surrounding areas by addressing the social determinants of health and the inequities in access to affordable and preventive healthcare.

www.ifpha.org

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Leading by Example to Overcome Hesitancy Around Covid-19 Vaccine

BY KATHEY AVERY, RN & STEPHANIE SWEPSON TWITTY, CO-CHAIRS

When it comes to the Covid-19 vaccine I hear things like “I’m concerned because the vaccine is so new”; “I can’t trust the people in healthcare because of the way they have done our community in the past”; “I am hesitant about taking the vaccine”; “I heard the vaccine will change your DNA because they put something in it”; or “I tried to call the number to register and no one picks up the phone.”

Which chronic conditions put someone at increased risk for severe illness from Covid-19, making them a higher priority for vaccination? The CDC defines the chronic medical conditions that put someone at higher risk of severe illness from Covid-19. Currently, the list includes:

- Asthma (moderate to severe)
- Cancer, cerebrovascular disease or history of stroke
- Chronic kidney disease
- Chronic Obstructive Pulmonary Disease (COPD)
- Cystic fibrosis
- Dementia or other neurologic condition
- Diabetes type 1 or 2
- Down Syndrome
- Serious heart condition (e.g., heart failure, coronary artery disease, cardiomyopathy)
- Hypertension or high blood pressure
- Immunocompromised state (e.g., weakened immune system) from immune deficiencies
- HIV, taking chronic steroids or other immune weakening medicines
- History of solid organ blood or bone marrow transplant)
- Liver disease (including hepatitis)
- Pulmonary fibrosis
- Overweight or obesity
- Pregnancy, sickle cell disease (not including sickle cell trait) or thalassemia
- Smoking (current or former)

Stephanie Swepson Twitty, the CEO of Eagle Market Streets Development Corporation, is an economic development professional and IFPHA’s Co-Chair, who is committed to promoting “asset building and wealth creation” in communities of color as well as community health workers and IFPHA goals. Stephanie shared in a report to the State of NCDHSS.

“IFPHA’s current work involves the tireless work of Kathey Avery. In her role as Community Health Nurse, and under a contract with Curamericas Global, Kathey is committed to training, educating and serving as our “Vaccine Expert.” She recently

participated in two statewide panels, one hosted by UNC-Chapel Hill and the other with MAHEC. Kathey shared her knowledge about the Covid-19 vaccine in African American Community. She is a true “servant leader” and an example to IFPHA’s CHW team and the community at large.”

What You Need to Know About Vaccinations/Immunizations:

Immunizations protect us from serious diseases and prevent the spread of those diseases to others. Over the years immunizations have thwarted epidemics of once common infectious diseases such as measles, mumps, and whooping cough. And because of immunizations we’ve seen the near eradication of others, such as polio and smallpox.

What is the definition of vaccine?

A vaccine is a substance that helps protect against certain diseases. Vaccines contain a dead or weakened version of a microbe. It helps your immune system recognize and destroy the living microbe during a future infection.

What is the definition of virus?

A virus is a microscopic organism that invades living cells in order to reproduce. Many, like influenza, cause illness. Antibiotics don’t affect a virus.

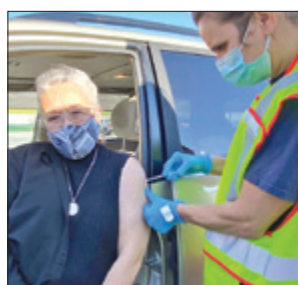
Immunizations and Vaccines

Immunizations, or vaccines, as they’re also known, safely and effectively use a small amount of a weakened or killed virus or bacteria or bits of lab-made protein that imitate the virus in order to prevent infection by that same virus or bacteria.

When you get an immunization, you’re injected with a weakened form of (or a fragment of) a disease. This triggers your body’s immune response, causing it to either produce antibodies to that ailment or induce other processes that enhance immunity.

Then, if you’re ever again exposed to the actual disease-causing organism, your immune system is prepared to fight the infection. A vaccine will usually prevent the onset of a disease or else reduce its severity.

IFPHA is working with healthcare providers and community leaders such as our churches to make sure our community is served and supported. At this time, we are signing up sixty-five-year-old and older individuals. Contact us at (828) 768-2369 for support and assistance.



Kathey Avery, Angelique Scott, and Norma Duran Brown are vaccinated against Covid-19.

mRNA Vaccines



Coronavirus contains studded proteins.



mRNA is harmless material used to create proteins. The mRNA is enveloped in a lipid bubble.



This is injected into muscle.



Your body uses the mRNA to make a version of the spike protein.



This prompts the immune system to produce antibodies and activate T cells.



If your body encounters Coronavirus, the antibodies and T cells will quickly recognize the protein and begin destroying the cells.

Covid-19 Vaccine Distribution

North Carolina receives shipments of Covid-19 vaccine each week.



Federal government decides how much vaccine each state receives based on the state’s population.



NC DHHS determines which providers will receive doses based on reaching prioritized populations.



Manufacturer ships the vaccines to local providers.



Providers safely store and handle vaccines.



North Carolinians are vaccinated in phases, as vaccine is available.