

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.

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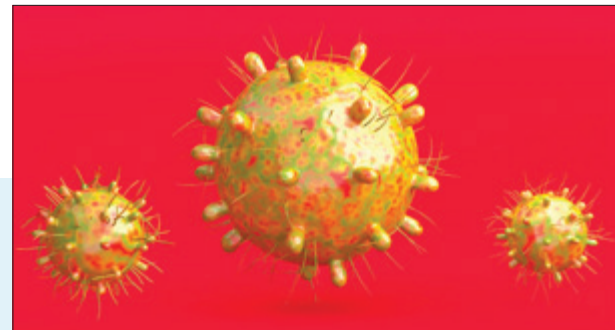


Robert Wood Johnson Foundation

August is Immunization Awareness Month

BY KATHEY AVERY, RN, BSN, FOUNDER AND CEO

Vaccination is one of the best ways parents can protect infants, children, and teens from 16 potentially harmful diseases that can be very serious, may require hospitalization, or even be deadly.



The omicron BA.5 variant.

The definition of immunization is a way to protect individuals against communicable diseases by administering living modified agents. The principle of immunization is the ability of the immune system to remember. The body is given a prepared pathogen, antigenic protein, or an inactivated/weakened pathogen—a vaccine. T cells and memory cells are produced by the vaccines, which later recognize the infection upon subsequent exposure. They overwhelm the invaders with massive antibody production.

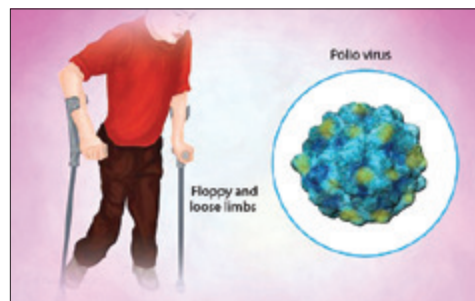
Human beings have benefited from vaccines for several centuries. Edward Jenner created one of the world's first vaccines for smallpox in the 1790s. That led to a need to secure funding mechanisms, streamline manufacturing, and safety concerns. Even then there was a deep-seated public fear of inoculating agents, fears that reappear with each new vaccine policy. Historical awareness can help inform long-term solutions to today's problems with vaccine research, production, and supply.

Most of us of a certain age remember having to get vaccinated. Some of us appear not to remember getting vaccines before starting school and when we were born. As adults, we may still be at risk for vaccine-preventable disease due to age, job, lifestyle, travel, or health conditions.

Childhood Vaccines

- Hepatitis B (2nd dose)
- Diphtheria, tetanus, and whooping cough (pertussis) (DTaP)
- Haemophilus influenzae type b (Hib)
- Polio (IPV)
- Pneumococcal (PCV)
- Rotavirus (RV)
- Hepatitis B (HepB)

Recently the *New Post* wrote that the first known US case of polio in nearly a decade was contracted by an unvaccinated 20-year-old man in Rockland



County who, according to health officials, had recently traveled to Poland and Hungary.

Just when we thought it was safe “to go back outside” the fast moving and highly contagious omicron BA.5 variant and the monkeypox virus arrive to complicate our lives and our summer.

Omicron BA.5

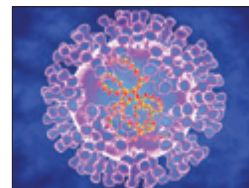
The omicron variant of Covid-19 keeps changing, creating newer, more contagious variants. BA.5 seems to be the most contagious version to date and is causing most of the current Covid-19 cases in the US. BA.5 is causing more reinfection in people who already had Covid-19, including earlier versions of omicron. It's also evading immunity from the vaccines.

What It Means For You

The vaccines are still effective at preventing severe disease and death. To stay protected, get the booster shots you're eligible for and wear a mask in public.

Monkeypox Facts

Vaccines used during the smallpox eradication program also provided protection against monkeypox. Newer vaccines have been developed, and one has been approved for prevention of monkeypox.



The monkeypox virus.

Monkeypox is caused by the monkeypox virus, a member of the Orthopoxviral genus in the family Poxviridae.

Monkeypox is usually a self-limited disease with the symptoms lasting from 2 to 4 weeks. Severe cases can occur. In recent times, the case fatality ratio has been around 3–6%.

Monkeypox is transmitted to humans through close contact with an infected person or animal, or with material contaminated with the virus.

The monkeypox virus is transmitted from one person to another by close contact with lesions, body fluids, respiratory droplets, or contaminated materials such as bedding.

Monkeypox is a viral zoonotic disease that occurs primarily in tropical rainforest areas of central and west

Africa and is occasionally exported to other regions.

An antiviral agent developed for the treatment of smallpox has also been licensed for the treatment of monkeypox.



Skin lesions caused by monkeypox.

The clinical presentation of monkeypox resembles that of smallpox, a related orthopoxviral infection which was declared eradicated worldwide in 1980. Monkeypox is less contagious than smallpox and causes less severe illness.

Monkeypox typically presents clinically with fever, rash, and swollen lymph nodes and may lead to a range of medical complications.

Human-to-human transmission can result from close contact with respiratory secretions, skin lesions of an infected person, or recently contaminated objects. Transmission via droplet respiratory particles usually requires prolonged face-to-face contact, which puts health workers, household members, and other close contacts of active cases at greater risk.

The longest documented chain of transmission in a community has risen in recent years from 6 to 9 successive person-to-person infections. This may reflect declining immunity in all communities due to cessation of smallpox vaccination.

Transmission can also occur via the placenta from mother to fetus (which can lead to congenital monkeypox) or during close contact during and after birth.

While close physical contact is a well-known risk factor for transmission, it is unclear at this time if monkeypox can be transmitted specifically through sexual transmission routes. Studies are needed to better understand this risk.