



Positive Pulse

Your monthly dose of advice on healthy living

January 2021

Preventive Healthcare Part 1: COVID-19 Vaccines

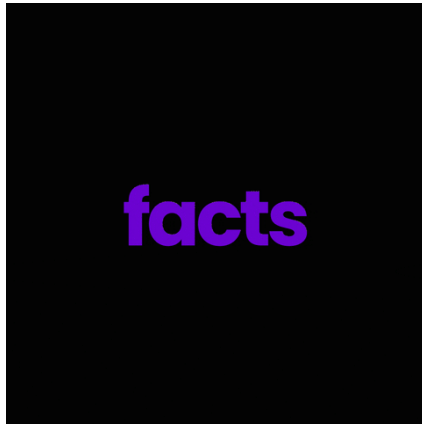


This is part one of Preventative Healthcare, giving you some facts and resources about COVID-19 vaccines.

- It is important to do your research and be comfortable with scheduling your appointment for a COVID-19 vaccine.
- Be familiar with the process and what side effects may occur.
- The Arc of New Jersey has many resources available, including video clips and webinars to help answer all of your COVID-19 vaccine questions.

After you're done reading, [don't forget to listen to our webinars every Tuesday! You can find registration links and recordings here.](#)

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Quick Facts

What is COVID-19?

- COVID-19 is a disease caused by a virus that spreads easily and can make people very sick.
- People with developmental disabilities and their families, friends, and supporters play an important role in preventing COVID-19 by getting a vaccine.

What is a COVID-19 vaccine?

- The COVID-19 vaccine is a medicine that prevents you from getting COVID-19.
- Like most vaccines, the COVID-19 vaccine is given by shots using a needle on your upper arm.

It's so new, are they safe?

- COVID-19 vaccines were tested to make sure they are safe.
- Many people of different ages, races, ethnicities, and medical conditions took part in this testing.
- The vaccines available were approved because they are safe and work to protect people who receive them.
- Researchers have been studying and working with mRNA vaccines for decades. Interest has grown in these vaccines because they can be developed in a laboratory using readily available materials. This means the process can be standardized and scaled up, making vaccine development faster than traditional methods of making vaccines.

What is a mRNA vaccine?

- The first COVID-19 vaccines authorized for use in the United States are Messenger RNA vaccines—also called mRNA vaccines.
- mRNA vaccines are a new type of vaccine to protect against infectious diseases.
- To trigger an immune response, many vaccines put a weakened or inactivated

germ into our bodies. Not mRNA vaccines.

- Instead, they teach our cells how to make a protein—or even just a piece of a protein—that triggers an immune response inside our bodies.
- That immune response, which produces antibodies, is what protects us from getting infected if the real virus enters our bodies.
- mRNA vaccines have been held to the same rigorous safety and effectiveness standards as all other types of vaccines in the United States.

Pfizer or Moderna

- There are different versions of the vaccine created by different companies. One is made by Pfizer and one is made by Moderna.
- Experts say the vaccine safety profiles and effectiveness are similar. Where they differ substantially is the logistics of handling and storing them.
- This means that the vaccine you receive will depend on your location and what is being shipped to your area.

When will I be able to get the vaccine?

- New Jersey has made plans for how the vaccine will be rolled out based on recommendations from the Centers for Disease Control and Prevention (CDC).
- Healthcare workers, Direct Support Professionals, and people living in congregate care settings will be among the first to receive it.
- The vaccine was then opened up to those 65 and older and those at high risk.
- Other essential workers will be eligible soon.
- The plan to make vaccines available may change over time. For up-to-date information on New Jersey's plan, [visit the COVID-19 Vaccination page on the New Jersey Department of Health's website.](#)

How Do I Book an Appointment?

- [If you are looking to book an appointment, make sure to pre-register here.](#) You will be notified by email when you are eligible and there are openings.
- [If you are eligible and cannot find an appointment, try following this helpful Twitter account.](#)
- New Jersey's COVID-19 Vaccine Call Center, which will be staffed seven days a week from 8 a.m. to 8 p.m., is live. **The toll-free number is 855-568-0545.** The call center can assist residents with: Registering with the New Jersey Vaccine Scheduling System (NJVSS), identifying whether they are currently eligible for a vaccination, identifying vaccination locations and general questions about vaccines.

SOURCE: <https://rwjms.rutgers.edu/boggscenter/publications/documents/COVID19VaccineFactsDDCommunity-F.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mrna.html>



The Vaccine Process

When You Get Vaccinated

- You should receive a vaccination card or printout that tells you what COVID-19 vaccine you received, the date you received it, and where you received it.
- You should receive a paper or electronic version of a fact sheet that tells you more about the specific COVID-19 vaccine you are being offered.
- Each authorized COVID-19 vaccine has its own fact sheet that contains information to help you understand the risks and benefits of receiving that specific vaccine.
- All people who get a COVID-19 vaccine will be monitored on-site for about 15 minutes to make sure there is no allergic reaction.

What are possible side effects?

- You may have side effects for a few days after getting the COVID-19 vaccine.
- It is normal to have pain or swelling in your arm.
 - To reduce pain where you got the shot:
 - Apply a clean, cool, wet washcloth over the area.
 - Use or exercise your arm.
- You may have fever, chills, tiredness, or headache after getting the shot.
- Drink plenty of fluids and dress in light layers to help you feel better.
- Talk to your doctor about taking an over-the-counter medicine to help with side effects.
- Contact your doctor if your side effects worry you or they do not go away after a few days.

What is "COVID arm"?

- An angry red rash due to "delayed cutaneous hypersensitivity", is being called "COVID arm".
- It is a harmless but annoying response in some people who get the Moderna vaccine.
- Aside from sometimes being itchy, it doesn't appear to be dangerous, and people who get it should not hesitate to get their second dose of the vaccine.
- There is no indication the reaction is anything but a topical - and brief - response as the body's immune system goes to work, said Dr. Esther Freeman, director of global health dermatology at Massachusetts General Hospital.

V-safe

- [V-safe is an After Vaccination Health Checker, a smart-phone based tool that provides health check-ins after your COVID-19 vaccination.](#)
- V-safe will also remind you to get your second COVID-19 vaccine dose if you need one.

Book Your Second Appointment

- Some vaccines, like the COVID-19 Vaccines, need two shots to be most effective. In studies, Pfizer's vaccine was 52% effective after the first shot and 95% after the second one.
- You should book your appointment for your second dose after you receive your first dose.
- You may be told that you will receive instructions on how to do so in the coming weeks.
- It is important to get your second dose about 4-6 weeks after the first dose, depending on which vaccine you receive. They will let you know the timeframe you should follow when you receive your first dose.

Post-Vaccine Safety

- CDC recommends that during the pandemic, people wear a mask that covers their nose and mouth when in contact with others outside their household, when in healthcare facilities, and when receiving any vaccine, including a COVID-19 vaccine.

- Even after you get your vaccine, you will need to keep wearing a mask that covers your nose and mouth, washing your hands often, and staying at least 6 feet away from other people you do not live with. This gives you and others the best protection from catching the virus.
- Right now, experts don't know how long the vaccine will protect you, so it's a good idea to continue following the guidelines from CDC and your health department.
- We also know not everyone will be able to get vaccinated right away, so it's still important to protect yourself and others.

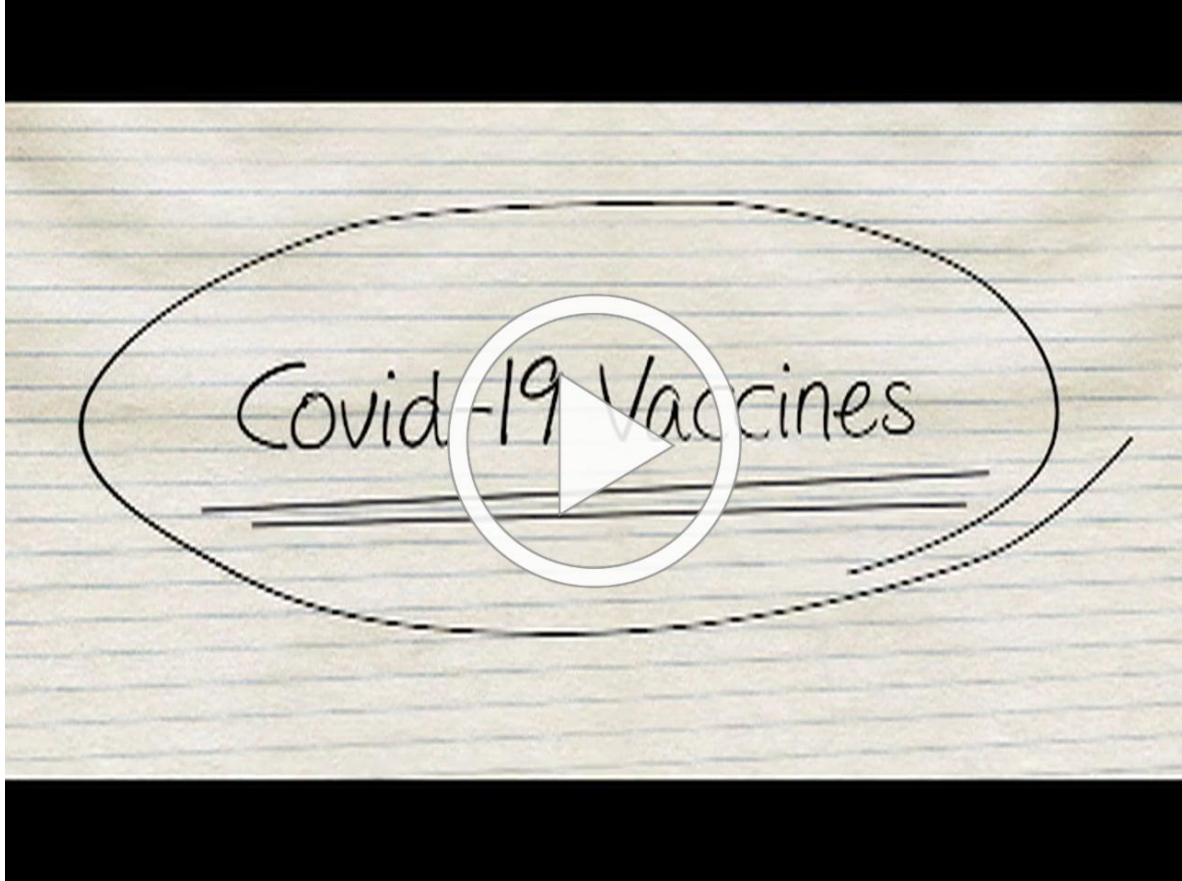
SOURCE: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect.html>
<https://rwjms.rutgers.edu/boggscenter/publications/documents/COVID19VaccineFactsDCommunity-F.pdf>
<https://www.usatoday.com/story/news/health/2021/01/27/covid-arm-moderna-vaccine-rash-harmless-side-effect-doctors-say/4277725001/>



Video Guides

The Arc of New Jersey's COVID-19 Vaccine Video for Individuals with I/DD

- The Arc of New Jersey created [a video about the COVID-19 Vaccine](#).
- It is a free, short video aimed at helping people with intellectual and developmental disabilities (I/DD) know what to expect when they are able to receive the COVID-19 vaccine.
- The narrator of the video is Barbara Coppens, an extraordinary self-advocate who has received recognition in New Jersey and nationally, from The Arc of the United States, for her many years of advocacy on behalf of all individuals with I/DD.
- Watch the video below!



Let's Stay Healthy!



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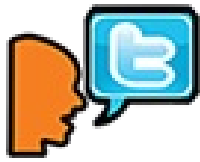


The Horizon Foundation for New Jersey

The [Healthy Lifestyles Project \(HLP\)](#) is a program of The Arc of New Jersey and receives funding through a grant awarded by [The Horizon Foundation for New Jersey](#).

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Promoting Advocacy and Independence for People
with Intellectual and Developmental Disabilities



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Preventive Healthcare Part 2: General Prevention



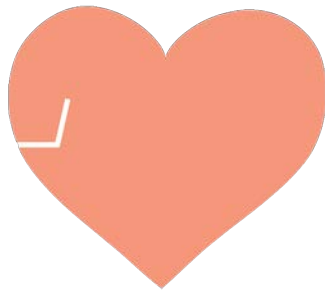
This is part two of Preventive Healthcare, giving you ideas on how to be proactive about your health and to do your best in avoiding

illness while you are healthy.

- Preventive care covers a wide range of activities that can keep you healthy.
- Besides regular doctor visits, there are some things to keep in mind in your daily routine that will keep you feeling well.
- Make sure to stay on top of the regular care that you need, depending on your personal health status.

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What Is Preventive Care?

Preventive Care

- Also known as preventive medicine, it includes age and gender appropriate lifestyle changes, vaccinations, screening tests and other measures.
- Your doctor will help you identify major health risk factors (such as high blood pressure, high cholesterol and so on) and work with you to bring them under control.

Quality of Life

- The goal is to keep you healthy. You will enjoy a better quality of life, while reducing your potential health care costs.
- Doctors usually practice preventive care at the individual level by proactively using examinations, screenings and other tools to address your health needs.
- Preventive care programs targeting health concerns such as tobacco use, drug abuse and vaccinations (flu, for instance) address health concerns of the whole population.
- The old saying, “an ounce of prevention is worth a pound of cure,” describes how preventive care benefits you and the entire health care system.
- Preventive medicine offers better outcomes for most patients and lower health care expenses.

Wide Range

- Preventive care covers a wide range of activities from the simplest habit of thoroughly washing your hands to sophisticated medical procedures that look for threats such as breast and colon cancer.
- Together, you and your primary care doctor can determine which of the preventive care tools is appropriate for you.
- While the focus of preventive care is to keep you healthy, it also extends to

people with chronic health conditions such as diabetes, high blood pressure, heart disease, cancer and others.

- For these people, preventive care is about managing symptoms, complications and improving your quality of life.

SOURCE: <https://www.marshfieldclinic.org/Specialties/primary-care/preventive-care/what>



Everyday Care at Home

Outside of the Doctor's Office

- Preventive care doesn't always take place in a doctor's office.
- Part of preventive care is living a healthy lifestyle.
- In tandem with regular check-ups, you can do your best to stay healthy.

Sleep

- It is clear that good sleep is essential for good health.
- Apart from prescribing sleep medications, there is not a lot that physicians can do to manage a patient's sleep habits if it is not tied to another treatable condition.
- Most adults need between 7 and 9 hours of sleep each night and older adults over 65 years of age need between 7 and 8 hours.
- Do your best to put aside enough time for you to sleep each night and try to keep distractions at bay so you can get a full night's rest.
- Wearable sleep monitors are a way to measure the time and quality of sleep, allowing individuals to recognize and modulate their own sleep habits.

Exercise

- Exercise is another aspect of health that wearable devices can monitor.
- The Apple Watch has an exercise monitor function that rewards the wearer for meeting goals such as daily activity and time engaged in vigorous exercise. For individuals who sit for hours every day, the watch reminds the wearer to get up once an hour and walk.
- For more about wearable tech, [try watching our webinar on new year's resolutions that includes tech recommendations.](#)

Stress Relief

- Stress-reduction is often overlooked but is critical to preventing chronic illness.
- There is a growing body of evidence to suggest that chronic stress leads to persistently elevated levels of the hormone cortisol, which has been linked to the types of inflammation associated with diabetes, coronary artery disease, and end-stage kidney disease.
- Several wearable devices and smartphone applications contain modules designed to help reduce stress, including the [Breathe application](#).
- [Try watching this webinar for stress management techniques.](#)

Diet

- Food plays an extremely important role in preventing most diseases that are caused by environmental factors, poor diet and unhealthy lifestyle choices.
- While it is true that certain types of diseases cannot always be prevented, as there is an underlying genetic component that is passed from generation to generation, you can significantly lower your risk for developing some diseases by simply adopting a healthy and balanced diet
- [This previous addition of Positive Pulse includes many apps and ideas to track your dietary habits.](#)
- [Try cooking some healthy recipes from our Youtube Playlist, updating every Friday.](#)

SOURCE: <https://www.carecentrix.com/blog/preventive-care-at-home-what-is-possible>
www.njselfadvocacyproject.org



Checklist by Age

Preventive Care Checklist

- The regular appointments and screenings that make up preventive care help your physician pick up on serious problems, but also subtle changes in your health.
- If you don't visit your doctor when you're healthy, there's no way to know what your 'normal' is.
- This list can give you a basic guide, but you should talk to your primary care physician in order to find out what is right for you.

Depending on your situation, you may have access to preventive services such as:

- Blood pressure, diabetes, and cholesterol tests
- Many cancer screenings, including mammograms and colonoscopies
- Counseling on such topics as quitting smoking, losing weight, eating healthfully, treating depression, and reducing alcohol use
- Regular well-baby and well-child visits, from birth to age 21
- Routine vaccinations against diseases such as measles, polio, or meningitis
- Counseling, screening, and vaccines to ensure healthy pregnancies
- Flu and pneumonia shots - Visit Vaccines.gov to learn more
- Check out the infographic below to see some examples by age and sex.

Preventive care checklist

The proactive way to stay healthy



Make time to visit your doctor once a year, even if you feel fine. Share your health history. Ask questions. And bring this handy guide to recommended screenings and their frequency.

Men

Both

Women

18-29



Testicular exam

Checks for changes in appearance and feel. Screens for cancer. **Yearly, from age 18.**

Body mass index

Height/weight ratio indicates overall health. Normal = 18.5-24.9. **Yearly, from age 18.**



Pap smear

Microscopic cell exam screens for cervical cancer. **Every 3 years, from age 21.**

Blood pressure test

Exam using arm cuff. Indicates heart health. Ideal = 120/80. **Yearly, from age 18.**

STD screening

Blood test or cell swab. **Yearly, depending on sexual activity.**



Cholesterol test

Blood test. Indicates heart health. **Regularly, from age 35.***

30-39



40-49

Blood sugar test

Screens for Type II diabetes.
Regularly, from age 45.

Colonoscopy

Imaging of the colon via
scope. Detects cancer.
*Every 10 years, from age 45.**

Mammogram

Breast X-ray to detect
abnormal lumps. *Every
1 or 2 years, as early
as age 40.**

Cholesterol test

Blood test.
Indicates heart health.
*Regularly, from age 45.**

50-59

65+



Abdominal ultrasound

Detects abnormalities in
the aorta, the main blood
vessel in your midsection.
Once, 65-75.



Bone density scan

Enhanced X-ray.
Detects osteoporosis.
*Regularly, from age 65.**

Vaccines

They're not just for kids. Your doctor may recommend other
shots depending on your risk factors.



Flu: *Yearly, from age 18.*

TDaP: Combined protection against tetanus,
diphtheria and pertussis (whooping cough).
At least once as an adult.



Shingles: *1 or 2 shots, starting as young
as age 50.*

Pneumonia: 2 shots given 1 year apart.
Age 65+, or younger if you're at risk.

*If you have diabetes, smoke, have a family history of the illness or other risk factors, your doctor may recommend earlier screening.

Source: Centers for Disease Control and Prevention, 2019



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SOURCE: <https://www.aetna.com/health-guide/preventive-care-by-age.html>
<https://www.hhs.gov/healthcare/about-the-aca/preventive-care/index.html>

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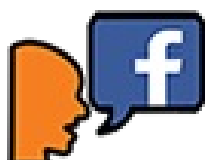
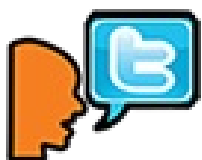
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