

Day 165 | Monday, 31 August 2020 – Exercise Group #1 this week

The Church Mouse is again sharing an article printed in the Post Journal titled “Older Residents Encouraged to Get Vaccinations”

“The state office for the aging is encouraging older New Yorkers to make sure they are up-to-date with all recommended immunizations, including those that provide protection against respiratory illnesses such as influenza and pneumococcal disease.

“Routine vaccination is an essential preventive care service that should not be delayed because of the COVID-19 pandemic.

“‘Staying healthy during this pandemic is critical, particularly for older adults, who are at greater risk for COVID-19,’ said Greg Olsen, acting state Office for the Aging director. ‘Our immune systems are more easily compromised as we age, and older adults, especially those with chronic health conditions, have an increased risk of becoming seriously ill. In addition to following all safety and social distancing protocols, getting recommended vaccinations, especially those that guard against respiratory illnesses such as influenza and pneumococcal disease, are vital to protect the health and wellbeing of older adults and caregivers.

“August is National Immunization Awareness Month. Older adults should consult with their health care provider to ensure that vaccinations and other preventive services are up to date. Flu season in the United States can begin as early as October and last as late as May. The Centers for Disease Control and Prevention (CDC) recommends that everyone six months of age and older, particularly those at greater risk, get their annual flu vaccine by the end of October. People 65 years and older should also be up-to-date with the pneumococcal vaccination to protect against pneumococcal diseases, such as pneumonia, meningitis, and bloodstream infections.

“While these vaccines do not specifically protect against the coronavirus that causes COVID-19, they are highly recommended to maintain overall health and protect against other respiratory illnesses. The CDC recommends the following actions for older adults:

- “Get an annual flu shot. This is particularly important for those at increased risk for severe illness from COVID-19, including adults age 65 years and older, residents in a nursing home or long-term care facility and persons of all ages with certain underlying medical conditions. High dose flu shots are available for adults age 65 and older.
- “Get pneumococcal vaccines. People who are 65 years and older should also be up to date with pneumococcal vaccination to protect against pneumonia, meningitis and bloodstream infections
- “Practice good health and safety habits including wearing a mask in public, practicing social distancing by keeping at least six feet of distance between others, even when outdoors; avoiding close contact such as shaking hands or hugging; washing hands often or using an alcohol based hand sanitizer with at least 67% alcohol when soap and water are not available; and avoiding unnecessary contact with surfaces that are often touched such as doorknobs and hand rails.
- “Schedule an annual wellness visit. Older adults should contact their health care provider to schedule an annual checkup. Those who have had Medicare Part B medical insurance for longer than 12 months are eligible for a yearly wellness visit at lower no cost to develop or update personalized plan to help prevent or manage disease and disabilities based on their current health and risk factors.”