

Accounting for Wellness

AUGUST 2016



All adults should get vaccines to protect their health. Even healthy adults can become seriously ill, and can pass certain illnesses on to others. Everyone should have their vaccination needs assessed at their doctor's office, pharmacy or other visits with healthcare providers. Certain vaccines are recommended based on a person's age, occupation or health conditions such as asthma, chronic obstructive pulmonary disease (COPD), diabetes or heart disease. Vaccination is important because it not only protects the person receiving the vaccine, but also helps prevent the spread of disease, especially to those that are most vulnerable to serious complications such as infants and young children, elderly, and those with chronic conditions and weakened immune systems.

All adults, including pregnant women, should get the influenza (flu) vaccine each year to protect against seasonal flu. Every adult should have one dose of Tdap vaccine (tetanus, diphtheria, and pertussis or whooping cough) if they did not get Tdap as a teen, and then get the Td (tetanus and diphtheria) booster vaccine every 10 years. In addition, pregnant women are recommended to get the Tdap vaccine each time they are pregnant, preferably at 27 through 36 weeks.

Adults 60 year and older are recommended to receive the shingles vaccine. And adults 65 and older are recommended to receive one or more pneumococcal vaccines. Some adults younger than 65 years with certain high risk conditions are also recommended to receive one or more pneumococcal vaccinations.

Adults may need other vaccines – such as hepatitis A, hepatitis B and HPV – depending on their age, occupation, travel, medical conditions, vaccinations they have already received or other considerations.

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Recommended adult immunization schedule, by vaccine and age group

VACCINE ▼ AGE GROUP ►	19-26 years	27-49 years	50-59 years	60-64 years	≥65years
Tetanus, diphtheria, pertussis (Td/Tdap)	Substitute one-time dose of T dap for Td booster, then boost with Td every 10 years				Td booster Every 10 yrs
Human papilloma virus	3doses (Females)				
Varicella	2 doses				
Zoster					1 dose
Measles, mumps, rubella	1 or 2 dose		1 dose		
Influenza			1 dose annually		
Pneumococcal (polysaccharide)	1 or 2 dose				1 dose
Hepatitis A	2 doses				
Hepatitis B	3 doses				
Meningococcal	1 or more doses				

Recommended if some other risk factor is present (e.g., based on medical, occupational, lifestyle, or other indications)	For all persons in this category who meet the age requirements and who lack evidence of immunity (e.g., lack documentation of vaccination or have no evidence of prior infection)	No Recommendation
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<https://www.nphic.org/niam-adults>

http://vaccineindia.org/index.php?option=com_content&view=article&id=202&Itemid=183

CLIMATE CHANGE & EXTREME HEAT



CAUSES MORE DEATHS

each year than hurricanes, lightning, tornadoes, earthquakes, and floods



COMBINED!

WHO'S AT RISK?



Adults over 65, children under 4, people with existing medical problems such as heart disease, and people without access to air conditioning

WHAT CAN YOU DO?



STAY COOL

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device



STAY HYDRATED

- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water



STAY INFORMED

- Check local news for extreme heat alerts and safety tips
- Learn the symptoms of heat illness



LEARN MORE!

Visit CDC's Environmental Public Health Tracking Network to learn more about climate change and extreme heat at

www.cdc.gov/ephtracking



Specialty Week: August 22-26



Replacing Step and Strength for the day

BOSU Step

with Abby

August 22
11:30am-12:15pm

Space Limited. Sign up online!



BATTLE ROPES

AUGUST 23
12:20-12:50pm

Class is limited to 12 participants. Sign up online!
Replacing Core Blast for the day



Cycle Specialty

August 24 12:00-12:45pm



ActiveMotion Bar Workshop

Level 2

August 25
12:20-1:10pm

Space Limited. Sign up online!
Replacing Kettlebell Basics and Kettlebell Training for the day.



CRUNCH Specialty

August 26
12:20-12:35

Brag Board

We'd like to hear about your recent fitness-related accomplishments! In future issues of *Accounting for Wellness*, we'd like to showcase your feats in fitness in our Brag Board. If you'd like to be included in the next issue, please email a short description of your achievement including time, place and picture if available to fitnessc@gao.gov!

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Rowing Workshop 2pm	3	4 Rowing Workshop 11am	5
8 Buddy Olympics Week 1: Pushups & Run	9 Seated Massage	10	11	12
15 Buddy Olympics Week 1: Row & Cycle	16 Seated Massage	17	18	19
22 BOSU Step 11:30am-12:15pm	23 Battle Ropes 12:20-12:50pm Seated Massage	24 Cycle Specialty 12:00-12:45pm	25 ActivMotion Bar Workshop 12:20- 1:05pm	26 Buddy Olympics Winners Announced CRUNCH Specialty 12:20-12:35pm
29	30 Seated Massage	31	Upcoming Events in August 	