






the
Telehealth
Times



—  NATIONAL 
IMMUNIZATION
AWARENESS MONTH
AUGUST

KAMRYN'S CORNER

Hey there! Hope you are staying well. August is National Immunization Awareness Month. Immunizations are one of the most effective ways we can protect ourselves from preventable illnesses. Flu season is right around the corner and if you haven't received your flu vaccine yet, now is the time to get it scheduled. You can schedule your vaccinations with your primary care provider at Bamberg Family Practice or at your local pharmacy.



Kamryn Williams, LPN
Telehealth Coordinator
Palmetto Care Connections

Yours Truly,
Kamryn

Immunization vs. Vaccination

Immunization is the process by which a person becomes resistant to a disease. The resistance is developed by your body's immune system and can occur by contracting the disease and developing immunity or by receiving the vaccination.



Vaccination is a safe and effective way to introduce your body to specific diseases by stimulating your immune system to create antibodies.

Immunizations

CDC recommended immunizations:

- COVID-19
- Influenza - Annually
- RSV
- Tdap - Every 10 years
- Shingles
- Pneumococcal



Protect & Take Care of Yourself

Almonds



Garlic



Broccoli



Kiwi



Sunflower seeds



Papaya



Lemon



14 FOODS THAT BOOST THE IMMUNE SYSTEM



Yogurt



Turmeric



Grapefruit



Green tea



Ginger



Red bell peppers



Spinach

HOW TO WASH YOUR HANDS PROPERLY



1.

Wet with water and apply soap



2.

Rub palm to palm



3.

Rub back of hands



4.

Rub between fingers



5.

Rub your thumbs



6.

Wash the backs of the fingers



7.

Wash your fingernails



8.

Rub your wrists



9.

Rinse and wipe dry



Immunity Boosting Tips

BOOST YOUR IMMUNE SYSTEM



Taking care of yourself will aid in your immune system's defense!

Tips to boost your immune system:

- 1. Eat a healthy diet with plenty of fruits, vegetables, whole grains, and lean protein**
- 2. Regular physical activity**
- 3. Maintaining a healthy weight and body mass index**
- 4. Adequate rest- 8 hours of sleep is recommended for most adults**
- 5. Avoid alcohol or tobacco use**

FACTS AND STATS

- The CDC predicts that more than 50 million deaths can be prevented through immunization between 2021 and 2030.
- About 70% of Americans were vaccinated against COVID-19.
- Immunizations stimulate your body's immune system to build up defense against infectious agents.



SUNSHINE



EXERCISE



HEALTHY FOOD



HYDRATION



RELAX



SLEEP

BOOST YOUR IMMUNE SYSTEM

WHAT WE ASPIRE TO BE

OUR VISION

Every South Carolinian is connected to healthcare services

WHAT WE ARE

OUR MISSION

To improve access to healthcare services in rural and underserved communities in South Carolina through telehealth, technology, broadband and education.

WHAT WE DO

OUR VALUES

- Transform healthcare delivery
- Build trusted relationships
- Empower communities
- Innovative solutions
- Keep healthcare local
- Inclusion
- Equitable access
- Advocate

WHAT WE DO

FOCUS AREAS



Technology



Telehealth



Broadband



Education

Telephone: 803.956.6221

www.palmettocareconnections.org

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