



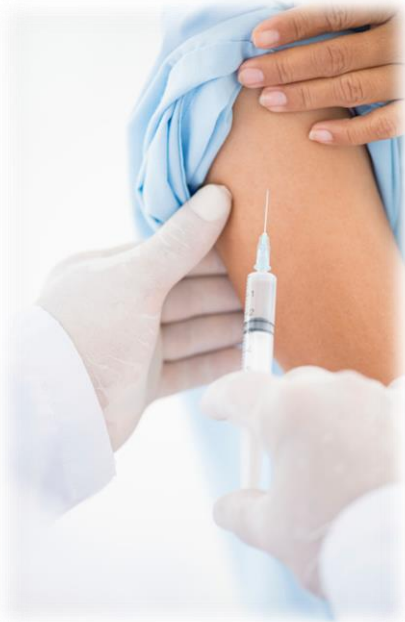
Preventing Contagious Diseases

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Preventing Contagious Diseases - Vaccines

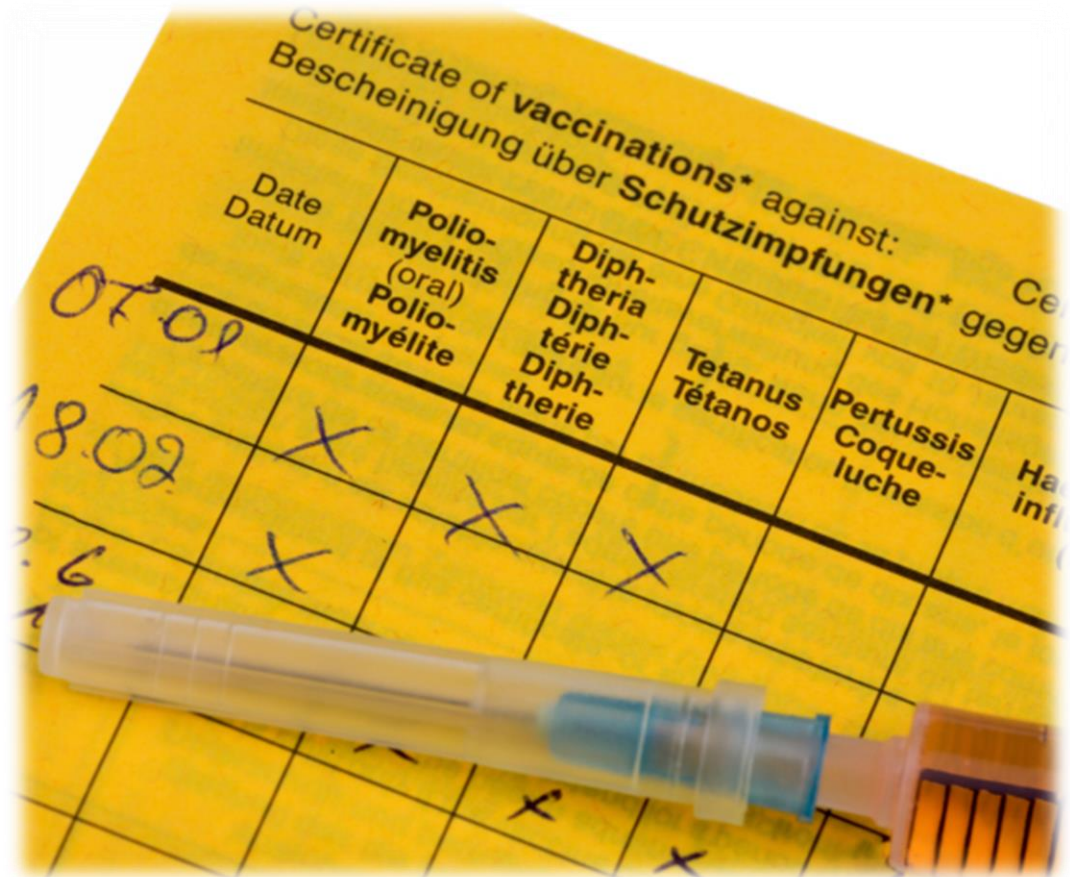
The most effective deterrents to contagious diseases, when available, are vaccines. Once a vaccine or series of vaccines have been completed, the individual needs to do little or nothing more to be highly protected from diseases which, in times past, have been the causes of epidemics killing thousands to millions of people.



- Vaccines are generally extremely low risk and high benefit.
- Millions of lives and hundreds of millions of cases of disease have been avoided through vaccination.
- All individuals should ensure that their children receive all recommended vaccines, and that they, as adults, receive the ones recommended for adults.

Diseases Prevented by Vaccines

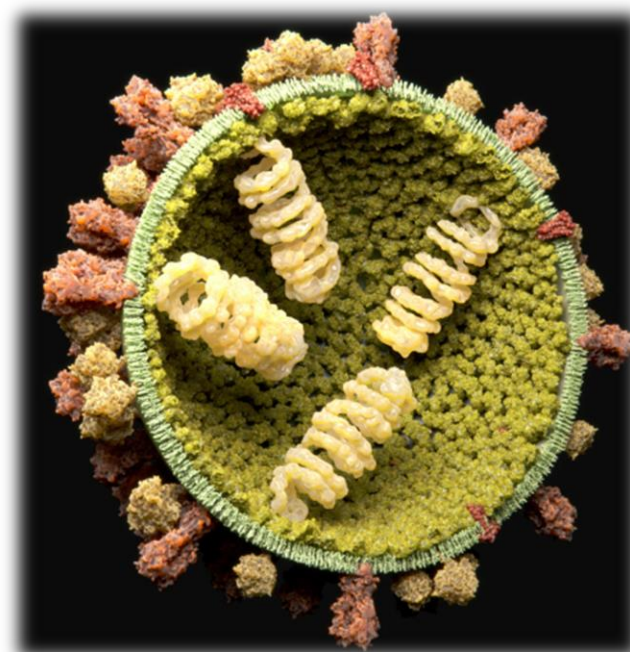
- Polio
- Measles
- Mumps
- Rubella
- Diphtheria
- Tetanus
- Chicken Pox
- Haemophilus Influenza
- Influenza A & B
- Hepatitis A & B
- Pertussis (Whooping Cough)
- Rotavirus
- Meningitis
- Pneumococcal Pneumonia
- Human Papilloma Virus (HPV)
- Herpes Zoster (Shingles)



Diseases Prevented by Vaccines

Most of these vaccines are given during childhood, but the following are given to adults:

- Influenza vaccine annually
 - Remember that more people were killed by the influenza epidemic of 1918-19 than any epidemic in history; an estimated 20-40 million people worldwide died
- Tdap – once as an adult
 - This is a full dose of Tetanus and a smaller dose of pertussis and diphtheria vaccines.
- Td. Every 10 years.
 - This is a full dose of Tetanus vaccine and a smaller dose of diphtheria vaccine.



Diseases Prevented by Vaccines

- Herpes Zoster (Shingles) after the age of 60
- Pneumococcal Pneumonia at age 65 or older
- Meningitis vaccines in certain circumstances
- Rabies vaccine in certain circumstances

There has been a great deal of misinformation about vaccines in recent years, resulting in less than optimal vaccination of children in some areas--increasing the risk to unvaccinated children and adults. An example of this is this year's measles outbreak in the United States.

Extensive information about vaccines can be found here:

http://www.who.int/immunization/policy/immunization_tables/en/

<http://www.cdc.gov/vaccines/schedules/>

Upper Respiratory Illnesses

- The average adult gets 2-4 colds per year. The average child gets 6-8 colds per year. More days are lost from school and work than from any other cause.
- There are no vaccines for the common cold and antibiotics are of no value against these viruses.
- Colds are transmitted by droplets, by touching the skin of someone who is ill, and by touching objects that have been handled by the ill person.
- Cold viruses can survive for several hours on objects the ill person has touched.
- What can you do if you are ill?
 - Sneeze into the crook of your elbow or a tissue.
 - Wash your hands frequently.
 - Don't shake hands or otherwise touch other people.



Reducing the Risk for Respiratory Illness

- Consider not coming to work, especially the first few days you are sick when you are most infectious.
- If you are ill and come to work, avoid contact with co-workers and practice good hygiene.
- If you are not ill:
 - Avoid contact with ill persons or with objects they have touched. Wash your hands frequently.
 - Consider using paper towels or tissues to handle door knobs and faucets, especially in high traffic areas such as rest rooms.
 - Avoid touching your eyes, nose, or mouth as much as possible.
 - Stop smoking if you are a smoker. Smoking renders both the smoker and family members more susceptible to upper respiratory infections.



Preventing Sexually Transmitted Infections (STI)

Estimated 500 million+ new STIs annually worldwide. Half in those aged 15-24.

- The only way to completely avoid sexually transmitted infections (STIs) is to not have sex with another person.
- Other than in a monogamous relationship, use condoms every time you have sex.
- Remember that many STIs can be transmitted by oral sex.
- Wash your genitals before and after sex.
- Urinate after sex.
- Get vaccinated for hepatitis B.
- Don't engage in sex when intoxicated, or under the influence of drugs.
- If you are a woman under 26 or a man under 21, get the human papilloma virus vaccine. Ensure that your children receive this vaccine.
- If you are sexually active, especially with multiple partners, get tested periodically for sexually transmitted infections.

Skin Infections

Boils, abscesses, MRSA (methicillin resistant staphylococcus aureus).

- MRSA
 - Can typically be easily treated.
 - Exclusion from work is indicated for those with wound drainage ("pus") that cannot be covered and contained with a clean, dry bandage and for those who cannot maintain good hygiene practices.
 - That advice holds true for most skin infections.
- Impetigo is highly contagious.
 - More common in children.
 - Adults with impetigo should stay away from the workplace, and/or close contact with others, until they have been on antibiotics for at least 48 hours.



Concerns for Travelers*

- Whenever possible, check well in advance of travel for medical concerns in areas outside your home country in which you may be working or vacationing.
- Consult with a travel medicine clinic and/or online resources to determine if you need any additional vaccinations, or other precautions, e.g., anti-malarial medications.
- In areas where water and food supplies may not be safe, plan accordingly. Discuss with a travel medicine expert whether you should bring antibiotics with you, especially for diarrheal illness.
- Identify a resource to help you identify high quality medical care should you become ill while traveling.
- Be sure that your medical costs, including medical evacuation, are covered, whether by your own health insurance, by the company you work for, or by supplemental travel insurance.

Use [International SOS \(ISOS\)](#) as a travel resource.

*Business travel is covered through ISOS



Conclusions

- Make sure you and your family members get all recommended vaccinations.
- Practice excellent hygiene to reduce the risk of upper respiratory infections, and be sure to get your influenza vaccination annually.
- Adopt safer sex practices
- Use common sense about skin infections. Avoid skin-to-skin contact with affected areas. Other than for impetigo, it is normally OK to come to work.
- When you are traveling outside your home country, make sure you know what medical concerns there are in the area(s) you will be traveling in, where to find high quality medical care, and consider having insurance coverage for medical costs and medical evacuation.

Contagious Diseases

Remember, **PREVENTION** is important **to keeping** you and your family **Healthy!**



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