

# Subtitle

\_Importance of Vaccines.vtt

No.	TC In	TC Out	Subtitle
1.	00:00:08:05	00:00:12:08	Welcome to the Q-tips for Your Ears podcast series. During each
2.	00:00:12:08	00:00:16:07	session, we will highlight a new topic to improve health care
3.	00:00:16:07	00:00:20:01	quality and patient outcomes. My name is Dee Kaiser and my
4.	00:00:20:01	00:00:24:02	colleague Tammy Wagner is with me today. Hello. We are quality
5.	00:00:24:02	00:00:28:00	improvement advisors for the Great Plains Quality Innovation
6.	00:00:28:00	00:00:31:24	Network. Thanks for taking the time to join us. Our topic for
7.	00:00:31:24	00:00:35:10	today is the importance of vaccines. So, Tammy, I was
8.	00:00:35:10	00:00:39:03	wondering, could you start us out by telling us what is a
9.	00:00:39:03	00:00:39:16	vaccine?
10.	00:00:39:23	00:00:44:14	Of course I can. It vaccine is a preparation that is used to
11.	00:00:44:14	00:00:48:18	stimulate the body's immune response against a certain
12.	00:00:48:18	00:00:49:09	disease.
13.	00:00:50:08	00:00:53:22	Or diseases, vaccines are usually administered through
14.	00:00:53:22	00:00:57:19	needle injections, but some can be administered by mouth or
15.	00:00:57:19	00:00:59:06	sprayed into the notes.
16.	00:01:00:06	00:01:04:15	Immunization, as the process by which person becomes protected
17.	00:01:04:15	00:01:07:07	against a disease through vaccination.
18.	00:01:08:05	00:01:12:03	Immunity is the protection from an infectious disease. This
19.	00:01:12:03	00:01:16:04	means you can be exposed to it without becoming infected, or,
20.	00:01:16:04	00:01:19:08	if you do become infected, you have less risk of
21.	00:01:19:08	00:01:23:16	hospitalization or death. Thanks for explaining that, because I I
22.	00:01:23:16	00:01:26:21	know people interchange the words, immunization,
23.	00:01:26:21	00:01:31:02	vaccinations, immunity. There's just a lot of different verbiage
24.	00:01:31:02	00:01:34:08	there and what it means. So using very confusing.
25.	00:01:35:15	00:01:40:04	Would you share just a little bit about the history of

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26.	00:01:40:04	00:01:45:11	vaccines? Wow, my gosh, history of vaccines. So in 1549, there
27.	00:01:45:11	00:01:47:23	is a written account of China.
28.	00:01:48:18	00:01:53:04	They first used materials from smallpox lesions to trigger
29.	00:01:53:04	00:01:58:02	immunity against smallpox. Wow, then by 1723, evidence was clear
30.	00:01:58:02	00:02:02:08	that inoculation or immunization by using vaccines in a
31.	00:02:02:08	00:02:06:23	controlled setting and under the supervision of a healthcare
32.	00:02:06:23	00:02:11:17	provider was the preferable way. Rather than catching smallpox
33.	00:02:11:17	00:02:16:06	the natural way. In 1736, after his son died from smallpox,
34.	00:02:16:06	00:02:20:04	Benjamin Franklin became a champion of inoculation.
35.	00:02:20:07	00:02:24:04	Or immunization. George Washington ordered the American
36.	00:02:24:04	00:02:27:22	troops at that time to be inoculated as part of their
37.	00:02:27:22	00:02:31:14	intake into the Continental Army during the American
38.	00:02:31:14	00:02:35:22	Revolutionary War. Wow, I know later in the 1800s, scientists
39.	00:02:35:22	00:02:39:21	studying the immune response of humans and other animals
40.	00:02:39:21	00:02:43:06	discovered antibodies and diphtheria vaccine was
41.	00:02:43:06	00:02:47:18	discovered in the 1920s. Tetanus toxoid was discovered. Then, in
42.	00:02:47:18	00:02:50:23	the 1930s, scientists developed the electron.
43.	00:02:51:00	00:02:56:00	Microscope they were able to analyze the Spanish flu pandemic
44.	00:02:56:00	00:03:00:18	that had been in 1918, and vaccines were again created for
45.	00:03:00:18	00:03:01:03	that.
46.	00:03:01:24	00:03:06:12	Then, in the 1940s, scientists worked on vaccines against
47.	00:03:06:12	00:03:11:04	influenza, polio, measles and other viruses deemed critical
48.	00:03:11:04	00:03:15:19	national security importance. Wow, I know. And 1954, Jonas
49.	00:03:15:19	00:03:20:16	Salk and his team developed the first killed virus vaccine for
50.	00:03:20:16	00:03:25:16	polio with a cooperation among

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			the nations. Smallpox has nearly
51.	00:03:25:16	00:03:26:22	been eradicated.
52.	00:03:27:16	00:03:31:14	More advances in scientific understanding of microorganisms
53.	00:03:31:14	00:03:35:15	and immunity brought leaps into the vaccine technology, which
54.	00:03:35:15	00:03:39:16	which leads us to our amazing time now where we have multiple
55.	00:03:39:16	00:03:43:07	vaccines that have saved countless lives, including the
56.	00:03:43:07	00:03:46:11	annual flu vaccine, and now the COVID vaccines.
57.	00:03:47:03	00:03:51:14	Even with all of the advances in vaccines, few public health
58.	00:03:51:14	00:03:55:12	interventions have been subjected to as many lies and
59.	00:03:55:12	00:04:00:06	misinformation as vaccine have. Isn't that true? There is always
60.	00:04:00:06	00:04:04:13	a misinformation out there, especially now in this time of
61.	00:04:04:13	00:04:09:01	of information just being right in our hands with our phones.
62.	00:04:09:01	00:04:13:13	That is really interesting. The history of vaccines I did not
63.	00:04:13:13	00:04:17:15	know it went all the way back to 1549. That that is so.
64.	00:04:18:06	00:04:22:21	So great that they were invented in that we have things to fight
65.	00:04:22:21	00:04:24:03	these preventable.
66.	00:04:25:21	00:04:28:02	Viruses and diseases, so that's great.
67.	00:04:28:24	00:04:29:13	Umm.
68.	00:04:30:19	00:04:33:20	Can you tell us about different vaccines and why they are so
69.	00:04:33:20	00:04:34:08	important?
70.	00:04:35:01	00:04:40:01	Yeah, we have so many vaccines that are given from the time and
71.	00:04:40:01	00:04:44:22	infant is born throughout their lifetime. And so I just wanna
72.	00:04:44:22	00:04:49:04	give a little explanation because I don't think people
73.	00:04:49:04	00:04:54:02	honestly remember or understand just how many vaccines a child
74.	00:04:54:02	00:04:59:03	and adult get. So the day a baby is born, they receive hepatitis
75.	00:04:59:03	00:05:03:24	B vaccine at age 2 months. The baby is given rotavirus, Dtap,

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76.	00:05:03:24	00:05:04:23	influenza B.
77.	00:05:05:06	00:05:09:17	Pneumococcal and polio vaccines, they will also get doses of
78.	00:05:09:17	00:05:13:24	these at four months, six months, 12 months and 15 months.
79.	00:05:13:24	00:05:18:12	And Dtap is very tenants, OK. And acellular pertussis gotcha.
80.	00:05:18:12	00:05:22:11	OK. Thank you. No, I just, I just think that one is so
81.	00:05:22:11	00:05:26:20	important to realize because of the pertussis that's in it.
82.	00:05:26:20	00:05:31:08	Yeah, at 18 months old, 1/3 dose of hepatitis, BA 4th dose of
83.	00:05:31:08	00:05:35:13	Dtap, 1/3 dose of polio and a second dose of hepatitis A.
84.	00:05:35:15	00:05:36:06	Was given.
85.	00:05:37:00	00:05:41:07	Then they wait and around 4:00 to six years before going to
86.	00:05:41:07	00:05:45:23	school, child is given 1/5 dose of Dtap, a fourth dose of polio,
87.	00:05:45:23	00:05:50:11	a second dose of measles, mumps and rubella, and a second dose
88.	00:05:50:11	00:05:54:17	of varicella. And varicella is chicken pox. Yeah. Which is
89.	00:05:54:17	00:05:59:01	fairly new vaccine. It is. My children were young. They were
90.	00:05:59:01	00:06:03:05	one of the first ones. Yeah. See, my children got to have
91.	00:06:03:05	00:06:07:16	chicken pox. There were 22 old for the varicella when it came
92.	00:06:07:16	00:06:08:05	out. So.
93.	00:06:08:07	00:06:08:19	Yeah.
94.	00:06:09:15	00:06:14:05	Then at 11 to 12 years, a dose of T DAP. So that's the tetanus,
95.	00:06:14:05	00:06:18:12	diphtheria and pertussis in meningococcal. And this one is
96.	00:06:18:12	00:06:22:09	again given at age 16 and meningococcal that's that's
97.	00:06:22:09	00:06:26:03	meningitis, meningitis, meningitis. OK, yeah. So it
98.	00:06:26:03	00:06:30:15	protects against meningitis and they want to give that before
99.	00:06:30:15	00:06:34:11	they go to college or in a congregate kind of living
100.	00:06:34:11	00:06:38:17	situation around other other people. Right. Then an annual

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101.	00:06:38:17	00:06:40:16	flu vaccine is recommended.
102.	00:06:40:19	00:06:44:14	And being up to date on COVID vaccine, which is a primary
103.	00:06:44:14	00:06:48:06	series and now a dose of at least the bivalent COVID-19
104.	00:06:48:06	00:06:52:01	booster and why am I stating this? We have heard that the
105.	00:06:52:01	00:06:56:05	issue with COVID or flu vaccine is because they need more than
106.	00:06:56:05	00:06:59:20	one dose and I just want to emphasize this is true for
107.	00:06:59:20	00:07:04:03	almost all vaccines, right? It's not a one and done it is usually
108.	00:07:04:03	00:07:08:02	we need to allow our body to get that immunity and it takes
109.	00:07:08:02	00:07:09:19	multiple doses many times.
110.	00:07:10:17	00:07:13:12	Vaccines are important because they help your body create
111.	00:07:13:12	00:07:16:03	protective antibodies to help fight off the infection.
112.	00:07:16:20	00:07:19:22	By getting vaccinated, you can protect yourself and also avoid
113.	00:07:19:22	00:07:22:14	spreading preventable diseases to other people in your
114.	00:07:22:14	00:07:23:01	community.
115.	00:07:23:24	00:07:28:00	10 historically fatal diseases have been reduced by 92 to 100%
116.	00:07:28:00	00:07:32:05	since the 20th century. I think that's amazing. That is amazing.
117.	00:07:32:05	00:07:35:22	Some people cannot get certain vaccines, though, because
118.	00:07:35:22	00:07:39:17	they're either too young or too old, or they have weakened
119.	00:07:39:17	00:07:43:15	immune systems or other serious health conditions. And those
120.	00:07:43:15	00:07:47:16	people are less likely to catch a preventable disease when you
121.	00:07:47:16	00:07:51:13	and others around them are vaccinated against it. So one of
122.	00:07:51:13	00:07:54:10	those fatal diseases that have been reduced.
123.	00:07:54:12	00:07:59:22	For the smallpox is one of them, right? Very good. And polio.
124.	00:07:59:22	00:08:05:03	Polio. Yeah. Yeah. So why is it important to take vaccines,
125.	00:08:05:03	00:08:10:07	including flu and COVID every year or every time there's a

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126.	00:08:10:07	00:08:15:16	booster. What? You know, why can't it just be a one and done
127.	00:08:15:16	00:08:16:04	right?
128.	00:08:17:10	00:08:22:00	Walter reduce the chances of serious complications from the
129.	00:08:22:00	00:08:26:18	disease or post these disease conditions and I go back to my
130.	00:08:26:18	00:08:31:07	mom's day when polio. Before vaccine, she had many friends
131.	00:08:31:07	00:08:36:00	who were really affected by polio and unable to walk without
132.	00:08:36:00	00:08:40:10	a Walker or they were in wheelchairs. My grandmother had
133.	00:08:40:10	00:08:45:06	polio and it what? It left her with was not being able to turn
134.	00:08:45:06	00:08:46:04	her head to.
135.	00:08:46:07	00:08:49:08	The left, and so because of that, she was never able to get
136.	00:08:49:08	00:08:52:11	a driver's license. Really that is interesting. But yeah, you
137.	00:08:52:11	00:08:55:08	just don't know if she would have been able to have the.
138.	00:08:55:08	00:08:58:15	Yeah, her whole life would have been different because she would
139.	00:08:58:15	00:09:00:02	have been able to drive. Yeah.
140.	00:09:01:01	00:09:05:18	So the annual flu vaccine helps avoid infection and reduces your
141.	00:09:05:18	00:09:09:20	chances of being hospitalized or dying. If you do become
142.	00:09:09:20	00:09:13:23	infected, it protects from flu related pneumonia and flu
143.	00:09:13:23	00:09:18:13	related heart attacks or stroke. And I still think there's some
144.	00:09:18:13	00:09:22:19	confusion because we call the flu when we have the GI, the
145.	00:09:22:19	00:09:27:03	stomach upset, the vomiting, diarrhea that is not what we're
146.	00:09:27:03	00:09:31:04	talking about. We are talking about influenza and that.
147.	00:09:31:06	00:09:35:10	And they respiratory disease and that is what the flu vaccine,
148.	00:09:35:10	00:09:39:09	yes helps reduce and that's a very good distinction to make
149.	00:09:39:09	00:09:43:05	because I have met people within just the last year that.
150.	00:09:43:08	00:09:47:07	Umm do get those two things confused they say, well, I don't

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151.	00:09:47:07	00:09:50:22	take the flu shot anymore because I still am. I get the
152.	00:09:50:22	00:09:54:19	flu at least once a year. And when when they say what their
153.	00:09:54:19	00:09:58:20	symptoms are, they think that it's going to prevent them from
154.	00:09:58:20	00:10:02:07	getting the GI upset. The diarrhea. It's an important
155.	00:10:02:07	00:10:04:22	distinction is so different areas, yes.
156.	00:10:06:06	00:10:10:07	So complications that can affect anyone but are especially
157.	00:10:10:07	00:10:14:10	dangerous for persons with diabetes or chronic heart and or
158.	00:10:14:10	00:10:18:02	lung conditions. COVID-19 vaccination helps protect a
159.	00:10:18:02	00:10:22:08	person by creating an antibody response without you having to
160.	00:10:22:08	00:10:25:22	experience potentially severe illness or post COVID
161.	00:10:25:22	00:10:30:04	conditions, which we're still finding out so much about. Those
162.	00:10:30:04	00:10:32:18	post covered those long, long COVID.
163.	00:10:33:15	00:10:37:00	Getting sick with COVID can cause severe illness or death,
164.	00:10:37:00	00:10:40:11	even in children. We cannot predict who will have a mild or
165.	00:10:40:11	00:10:44:02	severe illness through, though there are many studies that are
166.	00:10:44:02	00:10:46:18	happening right now to learn more about that.
167.	00:10:47:00	00:10:47:14	Hmm.
168.	00:10:50:07	00:10:55:17	So just to be clear, when you take the vaccine or get immune,
169.	00:10:55:17	00:11:00:18	give an immunization, is it preventing you from catching?
170.	00:11:02:04	00:11:07:01	The the virus or is it to help you not have such a severe
171.	00:11:07:01	00:11:12:04	reaction? Both. OK, because for many people, you know that I
172.	00:11:12:04	00:11:17:07	think especially with influenza or the flu vaccine, they are
173.	00:11:17:07	00:11:19:15	looking to the east and and.
174.	00:11:20:17	00:11:25:15	What flu strains, or influenza strains that will have vaccine
175.	00:11:25:15	00:11:30:07	for and that's what they're

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			developing the vaccine now. If
176.	00:11:30:07	00:11:35:07	the strains change, right, they become different variants then
177.	00:11:35:07	00:11:39:23	you know, not everybody is covered by that flu vaccine. I
178.	00:11:39:23	00:11:45:00	think it's usually around 50 to 60% effective, but that's still
179.	00:11:45:00	00:11:49:17	four to six people out of 10 every 10 people. And when you
180.	00:11:49:17	00:11:54:03	look at larger numbers, that's a lot of people who are.
181.	00:11:54:10	00:11:59:04	Are saved because of that. And when you get it, if you do get
182.	00:11:59:04	00:12:03:20	the flu or COVID, you have a milder course of the signs and
183.	00:12:03:20	00:12:08:16	symptoms of that. Hopefully keep somebody out of the hospital.
184.	00:12:08:16	00:12:12:24	Yeah. Keep somebody off of ventilator even with the flu
185.	00:12:12:24	00:12:18:01	vaccine. Hopefully it would keep you from developing other things
186.	00:12:18:01	00:12:22:13	from, like, influenza and ammonia. That can happen. Yeah.
187.	00:12:22:13	00:12:23:01	OK. So.
188.	00:12:25:06	00:12:28:22	What if I decide that I don't want to take the vaccines and
189.	00:12:28:22	00:12:32:22	said, does that affect anybody? It does, it affects everyone, it
190.	00:12:32:22	00:12:36:14	affects you, it affects your family and effects friends. It
191.	00:12:36:14	00:12:39:23	affects the public, and you know, misinformation about
192.	00:12:39:23	00:12:43:13	vaccines is hurt many people. And if we don't address this
193.	00:12:43:13	00:12:47:05	crisis, we will be unable to effectively get the treatments
194.	00:12:47:05	00:12:50:22	and vaccines and help to the people who need that help. And
195.	00:12:50:22	00:12:54:16	that will mean that there will be needless suffering and loss
196.	00:12:54:16	00:12:55:04	of life.
197.	00:12:56:01	00:13:00:18	200 years of public health has doubled our life expectancy.
198.	00:13:00:18	00:13:05:12	This includes vaccine and the acceptance of vaccines back in
199.	00:13:05:12	00:13:10:12	the day before vaccination, good sanitation practices such as I



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200.	00:13:10:12	00:13:15:00	said earlier, garbage services and cleaning practices and
201.	00:13:15:00	00:13:20:01	antibiotics. The life expectancy was 35 years. Yeah, people died
202.	00:13:20:01	00:13:24:16	from infections. Diseases such as pneumonia, tuberculosis,
203.	00:13:24:16	00:13:26:09	pleurisy, tonsillitis.
204.	00:13:26:11	00:13:30:04	This pleurisy pleurisy is them inflammation and infection of
205.	00:13:30:04	00:13:31:06	the lung. Ohh yes.
206.	00:13:32:14	00:13:37:11	So in 1920, not that long ago, the US life expectancy was 54
207.	00:13:37:11	00:13:42:12	years old. 52 that means I would only have two more years. I'm
208.	00:13:42:12	00:13:47:14	not ready for that yet. And I'm I am over 54 by much more. So I
209.	00:13:47:14	00:13:50:07	yeah, I've been gone a while ago.
210.	00:13:52:06	00:13:56:14	So because of this, because of all of these the the sanitation
211.	00:13:56:14	00:14:00:13	practices are cleaning practices are garbage services the
212.	00:14:00:13	00:14:01:09	antibiotics.
213.	00:14:02:02	00:14:06:07	That we use and vaccines our life expectancy now is 79 years
214.	00:14:06:07	00:14:10:05	old. Wow, that's quite a difference. That is. So this is
215.	00:14:10:05	00:14:14:14	due to medical technology and science. Yeah, definitely it is.
216.	00:14:15:22	00:14:20:19	Yeah. And I I think about the I think about Florence Nightingale
217.	00:14:20:19	00:14:25:05	then that was a view who don't know who she was. She was a
218.	00:14:25:05	00:14:29:17	nurse. That was a leader in infection control. And her her
219.	00:14:29:17	00:14:34:08	her measures in her time were just be clean walk things, wash
220.	00:14:34:08	00:14:39:04	your hands, get the air. And I think we've seen that with COVID
221.	00:14:39:04	00:14:43:23	and the recommendations that get the air flow and her. Her big
222.	00:14:43:23	00:14:45:24	thing was open the windows.
223.	00:14:46:01	00:14:50:14	The people outside so that they can get the fresh air and not be
224.	00:14:50:14	00:14:54:23	exposed to the same viruses and things over and over again, so
225.	00:14:54:23	00:14:59:02	can't see those things. No, all

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			through a sneeze. Yeah. You
226.	00:14:59:02	00:15:03:10	can't see them, but you're not a cover. Those sneezes, right,
227.	00:15:03:10	00:15:07:20	cover them, sneeze in your arm, cough in your arm. Yeah. So, I
228.	00:15:07:20	00:15:12:02	mean, it seems like there is plenty of evidence and plenty of
229.	00:15:12:02	00:15:16:05	past experience that these vaccines work. So why do people
230.	00:15:16:05	00:15:17:04	not take them?
231.	00:15:17:09	00:15:21:04	Ohh. Vaccine hesitancy as one of the top ten global health
232.	00:15:21:04	00:15:25:08	threats. According to the World Health Organization. And I think
233.	00:15:25:08	00:15:29:00	many reasons go into the decision to vaccinate or not. I
234.	00:15:29:00	00:15:32:23	mean, there is personal choice. There are religious beliefs,
235.	00:15:32:23	00:15:35:19	there is a lot of misinformation, politics.
236.	00:15:35:19	00:15:39:20	There's so many reasons. It's just so important to learn about
237.	00:15:39:20	00:15:42:07	vaccines and if they're right for you.
238.	00:15:43:06	00:15:47:16	But learn to find the places that have true scientific
239.	00:15:47:16	00:15:52:06	information, such as someone you hear on social media so
240.	00:15:52:06	00:15:57:06	important this. I mean, Yep, we're giving this information as
241.	00:15:57:06	00:16:01:13	factual as possible, but you have to do your own due
242.	00:16:01:13	00:16:06:07	diligence and really look at where your options, your risk
243.	00:16:06:07	00:16:11:05	and your benefits. Right. So we do know that the more people
244.	00:16:11:05	00:16:14:08	refuse vaccines, the more we will see.
245.	00:16:14:15	00:16:18:19	Those once eradicated diseases such as smallpox and polio back,
246.	00:16:18:19	00:16:22:17	and we are starting to see a small pockets of that. We are.
247.	00:16:22:17	00:16:26:18	So the percentage of people who need to be immune in order to
248.	00:16:26:18	00:16:30:20	achieve what people are calling herd immunity varies with each
249.	00:16:30:20	00:16:34:18	disease. For COVID-19, we're

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			still learning about what that
250.	00:16:34:18	00:16:38:13	threshold is. But history has shown that the most strident
251.	00:16:38:13	00:16:42:00	critics are unlikely to be swayed by any evidence or
252.	00:16:42:00	00:16:45:17	arguments. Those with large audiences must recognize the
253.	00:16:45:17	00:16:47:09	impact that they can have.
254.	00:16:47:12	00:16:51:12	And encourage their followers to be vaccinated. Together we must
255.	00:16:51:12	00:16:54:16	tell the story at vaccine successes to preserve and
256.	00:16:54:16	00:16:57:23	strengthen the foundational support for vaccination.
257.	00:16:59:12	00:17:03:10	We were able to overcome centuries of hesitation to
258.	00:17:03:10	00:17:07:12	eradicate smallpox via vaccination by having rational
259.	00:17:07:12	00:17:12:00	discussions and sharing vaccine success stories, we can put
260.	00:17:12:00	00:17:16:17	concerns into perspective. Yes, and I think just having those
261.	00:17:16:17	00:17:21:09	one-on-one conversations with people you trust your provider.
262.	00:17:21:21	00:17:25:23	Umm, you know and and and getting and not getting all of
263.	00:17:25:23	00:17:30:14	your information on social media because unfortunately there are
264.	00:17:30:14	00:17:32:12	bad apples on social media.
265.	00:17:33:00	00:17:37:00	Umm, so you've gotta find that source that really gives you the
266.	00:17:37:00	00:17:40:16	best information for you. And of course we always say it's
267.	00:17:40:16	00:17:44:16	healthcare for people that you know, go to your provider, go to
268.	00:17:44:16	00:17:48:14	your doctor, go to your nurse practitioner, your PA that those
269.	00:17:48:14	00:17:52:09	are the people that actually have studied this right disease
270.	00:17:52:09	00:17:56:06	physician, your provider, you know somebody who has knowledge
271.	00:17:56:06	00:17:59:21	has studied this. Yeah, knows what they're talking about.
272.	00:17:59:21	00:18:03:11	That's exactly right. So Speaking of that, how can people
273.	00:18:03:11	00:18:05:02	learn more about vaccines?
274.	00:18:05:04	00:18:10:15	Well, you can always go to

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No.	TC In	TC Out	Subtitle
			ourgreatplainsqjn.org/vaccinations
275.	00:18:10:15	00:18:16:02	and find more information. You can also, you know, find these
276.	00:18:16:02	00:18:17:10	podcasts there.
277.	00:18:17:18	00:18:22:02	Ummandalsocdc.gov/vaccines and there's a lot of information
278.	00:18:22:02	00:18:26:13	there on the CDC website, right? I guess this long as people
279.	00:18:26:13	00:18:31:05	realize that the websites that we give their the information on
280.	00:18:31:05	00:18:35:10	them is evidence based and that's what you're looking for
281.	00:18:35:10	00:18:39:05	when you're trying to find information is that it's
282.	00:18:39:05	00:18:43:20	evidence based that it's peer reviewed, that there's something
283.	00:18:43:20	00:18:48:07	that is just not thrown on, you know, the Internet and nobody
284.	00:18:48:07	00:18:48:15	has.
285.	00:18:48:20	00:18:53:05	Research to make sure the information's correct. So
286.	00:18:53:05	00:18:57:21	alright. Well, Tammy, this was great information, very
287.	00:18:57:21	00:19:03:02	applicable to the times we are living in right now with COVID
288.	00:19:03:02	00:19:03:08	so.
289.	00:19:04:03	00:19:08:07	We hope you enjoyed today's Q-tips for your ears session. We
290.	00:19:08:07	00:19:12:18	look forward to connecting with you next time. Have a great day.