



CHE Special Interest Meeting Partners of WHA State Convention 2021

INFECTIOUS DISEASE

Sue Schuelke
State CHE Chair

Building a Healthier Immune System

(taken from WebMD)

- ▶ Nutrition
- ▶ Sleep
- ▶ Exercise
- ▶ Stress Relief
- ▶ Vaccination



Things that Suppress the Immune System

(taken from WebMD)

- ▶ Low Vitamin D
- ▶ Certain medications
- ▶ Marijuana
- ▶ Smoking/Vaping
- ▶ Alcohol
- ▶ Grief



Vaccines

- ▶ What's In them?
- ▶ mRNA Vaccines and How They Work
- ▶ Requirements for Hospital Volunteers



Issues Facing CHE Chairs

- ▶ How has the pandemic affected your CHE “work” in 2021?
- ▶ Local and district CHE Recruitment
- ▶ Are you getting the information you need from the State CHE Chair?
- ▶ Other issues/concerns

Thank you for participating today!

