



COVID
Q & A

Source: City of Milwaukee Health Department



Question: Will I need to get a COVID-19 vaccination every year?

Answer: Experts don't yet know. What they do know is that the vaccines currently available are very effective at preventing severe illness, hospitalizations and death. They know less about how long the immunity provided by a vaccine might last. As time goes on and more people are vaccinated, scientists will have more answers to questions about vaccination frequency.

60 Monica's Minute

THE NEWEST VACCINE AVAILABLE

WHAT TO KNOW ABOUT THE JOHNSON & JOHNSON'S VACCINE

Information obtained from The New York Times

The FDA has granted emergency use authorization for a vaccine developed by Johnson & Johnson.

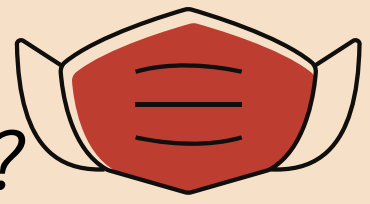
This vaccine is administered in a single shot instead of two, like the Pfizer & Moderna vaccine.

The J & J vaccine uses a different method to help the body fight off COVID-19.

This vaccine uses viral vectors, which are common viruses that have been genetically altered so that they do not cause illness; instead, they cause the immune system to build up its defenses. This differs from the Pfizer & Moderna vaccine as they use messenger RNA to do that.

THE SCOOP ON DOUBLE-MASKING

What is Best?



- Double-masking means wearing 2 masks at once.
- This can include adding layers of material to a mask (ex: like a cloth mask with a disposable mask underneath).
- There is also the approach to use a "fitter" or brace that secures a mask more snugly to your face. This is another practice that could help stop the spread of COVID-19.
- There has been one study done that found that double-masking works by blocking 85% of particles, compared to a surgical mask (56%) or a cloth mask (51%).
- Several studies have shown that adding a brace or filter to a mask enhances the effect of filtering.
- Find a mask that fits you correctly, and make sure you are wearing the mask over your mouth and nose. This is a good way to decrease the spread of the virus.

Information obtained from forbes.com

Reminder: Brain Awareness Week **March 15th - March 21st**

Today's Little Chuckle

Q: WHEN YOU BITE INTO AN APPLE, WHAT IS WORSE THAN FINDING A WORM IN YOUR APPLE?



A: FINDING HALF A WORM!