



APRIL 29TH, 2021

**CARRIE'S
COVID Q&A**
Source: John Hopkins Center for American Indian Health



Question:

Do the vaccines work against the new strains of the COVID-19 virus?

Answer: According to the latest information available, the vaccines are working against the viruses currently in the United States. However, experts are continuing to work on updating vaccine boosters to protect against emerging variants.

IS IT CURRENTLY SAFE TO TRAVEL?

Monica's
60s Minute

- Staying home is still the best way to protect yourself and others from getting sick.
- It is still recommended that residents of Wisconsin cancel or postpone all travel *unless* they are fully vaccinated.
- Both international and U.S. travel is risky.
- The spread of COVID-19 can change quickly, including areas of your travel destination.
- *Before* traveling, consider the following: Is it necessary to make this trip? Is COVID-19 spreading where you're going? Will you or those you are traveling with be within 6 feet of others during or after your trip? Are you or other travelers at high risk for being hospitalized from COVID-19? Does the city or county where you live or visit require you to stay home and quarantine after traveling?



Source: dhs.wisconsin.gov

- Everyone should reduce their contact with others by staying home when possible, practicing social distancing, and being aware of COVID-19 symptoms.

Covid-19 Funeral Assistance Available

If you experienced the loss of a loved one from COVID-19 and were responsible for funeral expenses, financial reimbursement may be available through FEMA

COVID-19 Funeral Assistance Line:
844-684-6333



Staying mentally well is an important part of staying healthy!

Keep moving. Staying active not only keeps our bodies well, but helps us mentally too.



JOHNS HOPKINS
CENTER FOR AMERICAN
INDIAN HEALTH

The Johnson & Johnson Vaccine Distribution Pause has been Lifted

Source: cdc.gov

What does this mean?

- The CDC and the FDA recommend use of the Johnson & Johnson Vaccine *resume* (after it was paused).
- A review of all available data at this times shows that the Johnson & Johnson Vaccine's known and potential benefits *outweigh* its known and potential risks.
- The CDC and the FDA will continue to monitor the safety of all the COVID-19 vaccines.
- There were reports of adverse events following the use of the Johnson & Johnson Vaccine. This suggested an increased risk of a rare adverse event which involves blood clots with low platelets. Nearly all the reports of this serious condition have been in women younger than 50 years old.
- Women younger than 50 years old should be aware of the rare, but increased risk of this adverse event. There are other COVID-19 vaccine options available for which this risk has not been seen.

Today's Little Chuckle

Name two days of the week that start with the letter T.

Today and Tomorrow!

TODAY

tomorrow