



MAY 13TH, 2021

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

Question: Can getting the COVID-19 vaccine help so-called long-haulers feel better?

Long-haulers are people who have not recovered for weeks or even months after contracting the virus.

Answer: Maybe! A study from the United Kingdom shows that some long-haulers have reported an improvement in their symptoms after getting the vaccine. However, more research is needed to know for certain. It is important to note that there is a waiting period before getting the vaccine for those who have had the virus. Be sure to talk to a Dr. if you have specific health questions about getting the vaccine after having COVID-19.

























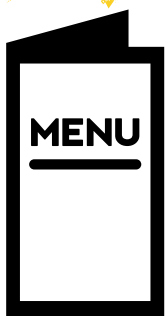
60 Monica's Minute

Key Things to Know about COVID-19 Vaccines

- Fully Vaccinated means that is has been 2 weeks after your second dose in a 2-dose series (such as the Pfizer or Moderna Vaccine), or 2 weeks after a single-dose vaccine (such as the Johnson & Johnson Vaccine).
- The FDA has authorized emergency use of the Pfizer COVID-19 Vaccine for adolescents 12 and older.
- COVID-19 vaccinations for 12-15 year-olds could be starting in Milwaukee as soon as this week, and then next week in Milwaukee schools.
- People who are *fully* vaccinated can start to do some things that they had stopped doing because of the pandemic.
- If you are fully vaccinated, please choose safer activities to participate in. Consider how COVID-19 is spreading in your community, the number of people participating in the activity, and the location of the activity.
- Outdoor visits and activities are safer than indoor, and fully vaccinated people can participate in some indoor activities safely, without much risk.
- Fully vaccinated people should wear a mask, and unvaccinated people should wear a mask, stay 6 feet apart, and make sure to thoroughly wash their hands.
- It is important to consider your own personal situation and the risk to you, your family, and your community before venturing out.

Choosing Safer Activities

	Unvaccinated People	Your Activity	Fully Vaccinated People
		Outdoor	
Safest		Walk, run, or bike outdoors with members of your household	
		Attend a small, outdoor gathering with fully vaccinated family and friends	
		Attend a small, outdoor gathering with fully vaccinated and unvaccinated people	
Less Safe		Dine at an outdoor restaurant with friends from multiple households	
Least Safe		Attend a crowded, outdoor event, like a live performance, parade, or sports event	
		Indoor	
Less Safe		Visit a barber or hair salon	
		Go to an uncrowded, indoor shopping center or museum	
		Ride public transport with limited occupancy	
		Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households	
Least Safe		Go to an indoor movie theater	
		Attend a full-capacity worship service	
		Sing in an indoor chorus	
		Eat at an indoor restaurant or bar	
		Participate in an indoor, high intensity exercise class	



Today's Little Chuckle

Diner: Excuse me, waiter, but is there spaghetti on the menu?



Waiter: No, but I believe we have some in the kitchen!