

HAPPY New Year

DECEMBER 29th, 2021



CARRIE'S
COVID Q&A

Source: gmtoday

Question: I just found out I was exposed to someone who now has COVID-19. What should I do?

Answer: According to the latest guidance from health officials, quarantine and isolation recommendations depend of whether you've received a vaccine booster or not.

Boosted individuals do not need to quarantine but should continue to watch for symptoms. It is recommended that they wear a mask in public for 10 days following their notification of exposure.

Individuals NOT boosted, should stay home for 5 days after being notified of their contact with a person who has COVID-19. During that time, they should watch for symptoms and stay away from others in the home, especially those who may be at higher risk for severe illness. They should then continue to wear a mask in public for another 5 days.

It is important to note that if symptoms develop in either boosted or not boosted individuals, they should self-isolate and contact a health care provider for testing information and other guidance.



How to Have a Healthy Holiday Season

Brighten the holidays by making your health and safety a priority.

Monica's Minute

Source: cdc.gov

- **Wash your hands often.** Use soap and clean running water for at least 20 seconds.
- **Wear appropriate outdoor clothing** to stay dry and warm.
- **Manage stress.** Give yourself a break if you feel stressed out, overwhelmed, and out of control.
- **Get your vaccinations.** Vaccinations help prevent diseases and save lives.
- **Prepare food safely.** Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.
- **Eat healthy.** Limit your portion sizes and foods high in fat, salt, and sugar.
- **Stay active.** Try and get active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.
- **Get exams and screenings.** Ask your health care provider what exams you need and when to get them. Update your personal and family history.
- **Practice fire safety.** Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended. Have an emergency plan and practice it regularly.

How to Take Care of Your Mental Health This Holiday Season

Sources: mentalfirstaid.org & mhanational.org



Focus on what you can control.

The pandemic has changed a lot around us, and it's ok if you feel anxious as a result. Control what you can to take care of your physical and mental health. If you are nervous about travel requirements, research them in advance so you feel more prepared. If you're feeling stressed by the media, take a digital break for a few days.

Keep healthy habits.

It's important to keep healthy habits in place no matter your holiday plans. This may include going on a daily walk, getting a good night's rest or staying hydrated. Taking care of your physical health can help stabilize your mood, reduce feelings of stress and anxiety, and improve long-term mental wellbeing.

Make time for yourself.

If you're caught up in taking care of all of your responsibilities — rather than taking care of yourself — you may not even really know what kind of self-care you need. What works for someone else may not work for you. Take time to think about what things you can do to make yourself feel happy or accomplished and include them in building the self-care routine that makes the most sense for you, your schedule, and your health overall.

Create new traditions.

It may feel challenging to revert to holiday traditions from 2019, and that's ok. Create new traditions that work for you and prioritize your mental wellbeing.

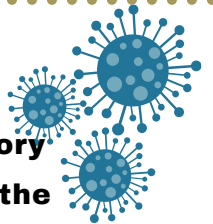
Ask for help if you need it.

If you are feeling especially sad, stressed, anxious or depressed, ask for help. Talk to someone you trust, a mental health professional or a primary care physician for guidance and support.

Shirley's Snippet

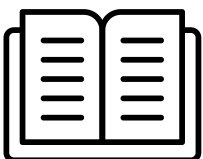
Do you know what asymptomatic means?

It is understood that the main form of spreading disease is through respiratory droplets from coughing, sneezing, or talking. However, a rising concern is the spread from those without symptoms, otherwise known as asymptomatic carriers. In other words, you could be carrying germs to others while not having the symptoms yourself. In past years, it was referred to as a contagious carrier.



Trivia Info: Did you know that in 1945 Congress officially recognized The Pledge of Allegiance?

Today's Little Chuckle



Which word in the dictionary is always spelled wrong?

Wrong of course!