



DECEMBER 14TH, 2021

**CARRIE'S  
COVID Q&A**

Source: Wisconsin DHS

**Question:** Do our current tests for COVID-19 still work to detect if a person is infected with the Omicron Variant?

**Question:** Yes, both the rapid at-home tests (Antigen Tests) and the tests you get at most pharmacies and doctor's offices (PCR Tests) still work to detect both the Delta and Omicron variants. These types of tests will tell you if you have an active infection with COVID-19, but they cannot tell you which variant you may have. It is important that individuals experiencing symptoms of COVID-19 get tested in order to help prevent spreading the virus to others.



## Looking out for Omicron Symptoms Monica's Minute



9 kinds of COVID-19 symptoms are still possible for someone infected by the Omicron variant. Fatigue seems to be the most common so far.



Any of these symptoms (in any order), may appear within 2 to 14 days after being exposed to SARS-CoV-2.



The most common symptoms for COVID-19 infections, including those caused by Omicron (as listed by the CDC) are: fever or body chills, cough, sore throat, shortness of breath, fatigue (or muscle or body aches), headache, congestion or runny nose, nausea or vomiting, and diarrhea.



Fatigue may be more closely associated with Omicron infections currently. Fatigue, feeling overtired or exhausted, and pain across multiple muscle groups on the body have been more common than breathlessness, or a loss of taste and smell associated with previous strains of the Coronavirus.

Source: [www.goodhousekeeping.com/health](http://www.goodhousekeeping.com/health)

# Staying Safe During the Holidays

## How to Safely Organize a Holiday Gathering During the COVID-19 Pandemic



**Q: Who can I include at my holiday gathering?**

**A:** “There is no one-size-fits-all solution to this question, as every situation will be unique,” says Dr. Iahn Gonsenhauser, the chief quality and patient safety officer at The Ohio State University Wexner Medical Center.

“Without suitable risk strategies like mask use and physical distancing, unvaccinated people should be included only if the host and other guests are making an informed decision about these risks.”

Bottom line: If you want to minimize risk, you may not want to invite to your celebration individuals with symptoms, who have chosen not to be vaccinated, or refuse to wear a mask.

**Q: Can I ask someone about their vaccination status before inviting them to holiday gathering?**

**A:** “It is not a rude or inconsiderate question, and it is not breaking any HIPAA law, privacy law, or infringing on the doctor/patient relationship,” said Gonsenhauser.

Asking someone about their vaccination status helps to measure out risks, and ensure safety. If necessary, tell your guests that what matters is how people feel and that you are committed to everyone feeling safe first and foremost.

**Q: How can I safely serve a meal at a holiday gathering?**

**A:** For celebrations where all or nearly all attendees are vaccinated, meal service and seating can be business as usual, said Gonsenhauser.

If your celebration is inclusive of unvaccinated individuals, they should be asked to wear masks and you should be sure not to seat them in close proximity to anyone with high risk factors or potentially seat them individually and at an appropriate physical distance.

Source: [healthline.com](https://www.healthline.com)

### TODAY'S LITTLE CHUCKLE

*Shirley's Snippet*

*Q: What does Santa pay for parking his sleigh?*

*A: Nothing, it's on the house!*

