



JANUARY 12, 2022

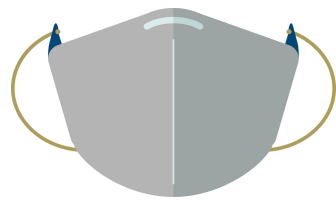
**CARRIE'S
COVID Q & A**

Question: I've heard about something called "flurona" in the news and from friends. What is it? Should I be worried?

Question: Flurona is not a real medical term but rather a word to describe when someone is infected with both the Flu and Covid-19 at the same time. When a person's immune system is weakened by a virus, it makes it easier to catch other viruses. Both flu and Covid-19 can attack the lungs and the two together could be more dangerous because of the potential to cause pneumonia, fluid in the lungs or respiratory failure. Experts recommend getting vaccinated against both flu and Covid-19 to get the best protection from serious illness.

Source: CNN

Why Cloth Masks Might Not Be Enough as Omicron Spreads



Time it takes to transmit an infectious dose of Covid-19

		PERSON NOT INFECTED IS WEARING			
		Nothing	Cloth mask	Surgical mask	N95
PERSON INFECTED IS WEARING	Nothing	15 min.	20 min.	30 min.	2.5 hours
	Cloth mask	20 min.	27 min.	40 min.	3.3 hours
	Surgical mask	30 min.	40 min.	1 hour	5 hours
	N95	2.5 hours	3.3 hours	5 hours	25 hours

The pandemic has required each of us to make personal, family and community health decisions every step of the way. It can be exhausting to also try to figure out what kind of mask is best. The results of research on different types of masks is featured in this informational graphic from the American Conference of Governmental Industrial Hygienists. N95 masks are available at most retail stores and a **limited supply** are expected to be available for free at Milwaukee Health Centers and Milwaukee Public Libraries starting again on January 13th. Contact Milwaukee Health Department for more information: 414-486-6800

It will take 25 hours for an infectious dose of Covid-19 to transmit between people wearing non-fit-tested N95 respirators. If they're using tightly sealed N95s—where only 1% of particles enter the facepiece—they will have 2,500 hours of protection.

Note: Results published in Spring 2021. The CDC expects the Omicron variant to spread more easily. Source: ACGIH's Pandemic Response Task Force

**OUR RESILIENCE HAS
GOTTEN US THROUGH
MANY DARK DAYS**



**As each day of Winter goes by,
our days get longer and bring
more of the sun's warmth and
healing to us.**

**Our community values of
CARING FOR ONE ANOTHER
have gotten us through many
dark seasons.**

**Those ways will see us to
brighter days once more!**

A message of hope from:
Johns Hopkins Center for American Indian Health & AICA

HOPE FOR HEALING

ANTIVIRAL TREATMENTS FOR COVID-19 ARRIVED IN WISCONSIN PHARMACIES THIS WEEK

- Molnupiravir and Paxlovid are oral medications that doctors can prescribe to patients with mild to moderate Covid-19
- The pills must be taken within 5 days of when a person's symptoms begin and can be taken at home
- Antivirals work by helping to stop the virus from spreading in your body
- It is important to get tested as soon as symptoms develop in order to be eligible for the treatment
- Supply is currently extremely limited
- Patients at greatest risk for serious illness are given priority for the prescriptions

"WHILE THESE NEW ANTIVIRAL PILLS MAY HELP TREAT COVID-19, IT'S IMPORTANT TO REMEMBER THESE DRUGS ARE NOT A SUBSTITUTION FOR PROTECTING YOURSELF BY GETTING VACCINATED AND WEARING A MASK IN PUBLIC PLACES."

DHS Secretary-Designee Karen Timberlake

Source: Wisconsin Department of Health Services

TODAY'S LITTLE CHUCKLE



What did the big firecracker say
to the little firecracker?

"My pop is bigger than yours!"