



**CARRIE'S
COVID Q & A**
Source: CNN

Question: Will I need a 4th booster shot to protect myself against COVID-19?

Answer: The benefits of additional Covid-19 booster shots for people who are healthy are still being studied. Some experts are predicting that next fall may be the time when additional shots may be recommended. However, some individuals who have moderately or severely weakened immune systems may be eligible for a 4th dose right now. Individuals should check with their health care providers to determine if a 4th booster shot might be the right choice for them.

*Monica's
Minute*



Managing Your Mental Health in the Third Year of the Pandemic

- Although many of us have had to adapt and become resilient during the pandemic, it does not mean we are not allowed to feel uncertain.
- There are many ways to cope with all of the changes surrounding us, like: physical self-care, reaching out for social support, setting your boundaries, and learning to shift your mindset. This could mean refocusing on things we can control, versus the things we cannot.
- The important thing to keep in mind is that there is hope that things are going to get better. Cases go up and down, symptoms change with variants, but things are not always getting worse. They change over time and can improve.



CARING FOR YOUR MENTAL HEALTH DURING COVID-19



Take breaks to relax and do activities you enjoy.



Take care of your body with exercise and a healthy diet.



Know the facts. Understanding the risks can make an outbreak less stressful.



Stay connected with family, friends, and a trusted support system



Ask for help if feelings become too overwhelming.



cdc.gov/coronavirus

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How to clean your N95/KN95 masks



1. PLACE MASK IN PAPER BAG

Remove and hold the mask by the ear loops. Do not touch the front.

2. CLOSE THE PAPER BAG

Allow it to sit at room temperature for at least **72 hours**. Wash your hands after handling.

Plastic bags won't work!



If you have a few masks, assign one for every three days. After 72 hours, the mask is safe to use again.






This process can be repeated but should not exceed five times before discarding the mask.

Source: City of Milwaukee Health Department

Comprehensive HEALTHCARE

Caring for Cloth Face Covers

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1
Wash and dry on high heat before first use and after daily use.
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2
Wash your hands after handling your used/worn face covers.
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3
If needed, iron face covers to help them keep their shape.
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4
Store in a clean, dry place. Plastic baggies work great!
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5
Throw away face covers that are showing signs of wear.

WE RECOMMEND TWO FACE COVERS PER PERSON!

FACE-COVER MAKERS: Please wash/dry face covers on high heat before donating. Wash your hands before removing from dryer and place covers directly in new plastic baggies.

AFTER GETTING YOUR DONATED FACE COVER: Place directly in washing machine. Immediately dispose of plastic baggie and wash your hands. Wash/dry on high heat settings. Wash your hands before removing from dryer and place in storage bag. Wash after each use.

Source: [Comprehensivehealthcare.org](https://www.comprehensivehealthcare.org)

TODAY'S LITTLE CHUCKLE

Shirley's Snippet

Q: What did the ocean say to the other ocean?

A: Nothing, it just waved!

