



FEBRUARY 9TH, 2022

**CARRIE'S
COVID Q & A**

Source: CNN

Question: I heard that the BA.2 variant of Covid-19 has been found in Wisconsin. What is BA.2 and will it be worse than Omicron?

Answer: The BA.2 variant is being called Omicron's little brother because it has spun off of the Omicron variant. Doctors are saying there is no need to panic about BA.2 and early studies of the variant show that while vaccines are not currently preventing infection, vaccines **are** remaining effective against serious illness. This is one reason why experts are saying that vaccination remains important.



AICA WILL BE RECEIVING A LARGE SUPPLY OF N95 MASKS. IF YOU ARE INTERESTED IN ARRANGING A TIME TO PICK UP SOME MASKS, PLEASE CALL (414)-930-9210.



Re-Think Your Mask: The Best Face Masks To Protect Against Omicron

Choosing the Best Mask to Protect Against COVID-19



Most protection. These masks block most germs from your airways.



Medical-grade masks like N95, KN95, or KF94.



Surgical mask worn under a cloth mask



Only some protection. These masks allow many germs into your airways.



Bandana



Cloth mask only



Neck scarf

Good protection. These masks block many germs from your airways.



Cloth mask with filter insert



Surgical mask only

Coming Soon To AICA...



MARCH 14TH - MARCH 20TH

BRAIN AWARENESS WEEK

Dana Foundation



We are busy preparing to celebrate Brain Awareness Week with all of you. Stay tuned to the newsletter for more details!

WHAT IS "LONG COVID"?

Many people who have contracted COVID-19, may complain of lingering symptoms. The most common symptoms noticed are: fatigues, shortness of breath, brain fog, and minor physical activity leading to lasting exhaustion. Some are experiencing this up to 12 weeks after their initial COVID-19 diagnosis.

Long COVID can affect those who are young or old, and people who were previously healthy, or had pre-existing conditions. Treatments vary depending on the patient and the symptoms they present, and can be experimental.

Fig. 1 The long-term effects of COVID-19



Source: Reproduced with permission from SIMPLECOVID (2020)

Sources: [nature.com](https://www.nature.com) & [cnbc.com](https://www.cnn.com)

TODAY'S LITTLE CHUCKLE

Shirley's Snippet

Q: What are the best things to put into a pie?

A: Your teeth!

