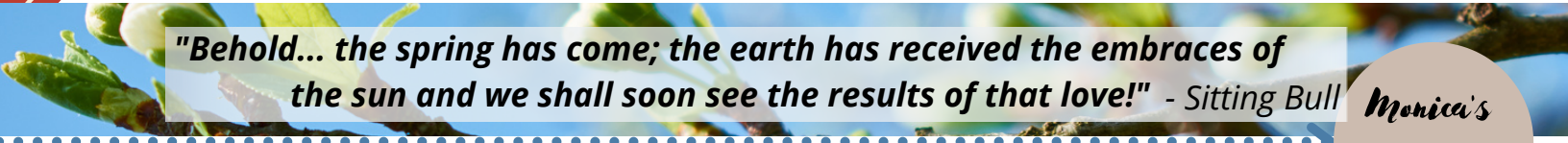




**CARRIE'S  
COVID Q & A**  
Source: CMV

**Question:** Why are COVID-19 cases surging in other countries? Will the same thing happen here?

**Answer:** In both China and parts of the United Kingdom, COVID-19 cases are once again increasing at a fast rate due to the BA.2 subvariant of Omicron that is more contagious. Experts have said it is too early to tell if the US will follow those same trends as we have in the past.



# Staying Mindful this Spring

## Spring Forward in 2022



Monica's  
Minute

*With the winter months behind us (hopefully), spring beginning, and the isolation associated with the pandemic ending, it is a great time to get a fresh start and practice more mindfulness.*

**Here are some tips on how to get on the path toward better physical and mental health...**

- Stay connected with your family and friends.
- Make use of technology and webcam with your loved ones, use fitness apps, and listen to live music to create a soothing space.
- Set a nutritional goal and a fitness goal for yourself.

# Help Yourself and Others Stay Healthy

*Not only should you make plans to become more mindful this spring, but also remember to try and keep yourself and your loved ones healthy too.*

Get plenty of fresh air. Meeting up with people outside can still help reduce the spread of COVID-19 and other infectious diseases. As the weather continues to get warmer, meeting people outside becomes easier. If meeting inside, make sure that plenty of fresh air is still circulating. Opening windows regularly for just 10 minutes (or a small amount continuously) can still reduce the airborne risk from COVID-19 compared to places with no fresh air.

Continue to wash your hands regularly. This will help prevent spreading respiratory infections to your loved ones.

Be aware of stress and anxiety. While some people may be relieved to see COVID-19 restrictions ending, others may feel stress and anxiety because of it. It is important to acknowledge these feelings and listen to what your loved ones have to say. Staying healthy is as much about your mind as it is your body.

Source: [bridgewatermercury.com](http://bridgewatermercury.com)

## TODAY'S LITTLE CHUCKLE

**Q: What is the difference between here and there?**

A: The letter T!

Shirley's  
Snippet

