



**CARRIE'S
COVID Q&A**

Question: Do the most recent booster shots available specifically target the currently spreading variants of COVID-19?

Answer: Not yet. However, the companies that manufacture the vaccines are testing out different formulas that can target the Omicron variant in the hopes that they will be available in time for fall. This is similar to our current flu vaccines which are tweaked each year in response to the currently spreading strains.

*Happy
4th
July*

Can Your Child Get the COVID-19 Vaccine?

*Monica's
Minute*

- Before recommending COVID-19 vaccination for children, scientists conducted clinical trials. Through continued safety monitoring, the COVID-19 vaccination has been found to be safe for children and teens.
- COVID-19 vaccines are available for everyone 6 months and older, and boosters for everyone 5 and older. The U.S. Food and Drug Administration (FDA) authorized this, and The Centers for Disease Control and Prevention (CDC) now recommends the vaccine for anyone 6 months or older.
- The vaccines for the little ones are made of much smaller doses than the adult vaccines. Moderna's is two doses (each a quarter of the adult dose) one month apart for kids 6 months to 5 years, and Pfizer's is three doses (each a tenth of the adult dose) over 11 weeks for kids 6 months to 4 years. Both vaccine regimens showed similar antibody response in kids as the adult studies. No significant safety concerns were raised in the trials, and we also now know that millions of children over age 5 have safely received a COVID-19 vaccine.

Sources: hopkinsmedicine.org, healthychildren.org, & cdc.gov

All children **6 months**
& older can now get a
COVID-19 vaccine!



Go to [vaccines.gov](https://www.vaccines.gov) or call 211
to find free COVID-19 vaccines. 

CORONAVIRUS DISEASE 2019

COVID-19

Information you need to keep your family safe and healthy.

YOUNGER CHILDREN CAN GET BOOSTED, TOO!

The CDC recommends a booster shot of the Pfizer-BioNTech vaccine for children ages 5-11, five months after their vaccination series.

To learn more, visit: www.tricare.mil/COVIDVaccine

KEYS TO A SAFE & SOBER Summer

4 MAJOR DIMENSIONS OF RECOVERY

HEALTH - Support for mental & physical health

Drink lots of water & get at least 8 hours of sleep a night.

HOME - A safe and stable place to live

Keep home a safe place to be by setting house limits & rules.

PURPOSE - Meaningful daily activities

Volunteer in your community or check in on elders.

COMMUNITY - Support, friendship, hope and love

Plan ahead for sober activities with friends and family.

From: Substance Abuse and Mental Health Services Administration

*Shirley's
Snippet* 

In Loving Memory

1941-2022

Today's Little Chuckle

Q: How does a cucumber
become a pickle?

A: It goes through a *jarring* experience!

