


Thursday, December 1st, 2022



AICA NEWSLETTER

Upcoming AICA Activities			Today's Little Chuckle
Tuesdays Chair Yoga 4:00-5:00	Wednesdays Student Support Sessions (by appointment) Morning Gentle Yoga Class 10:00-11:00	Saturdays Youth Sessions focusing on, "Social, Emotional Learning and Substance Abuse Prevention," with Rae 9:00-12:00	<i>In memory of Shirley LaFleur 1941-2022</i> Q: Where do mice leave their boats?  A: At the hickory dickory dock!

A Moment of Mindfulness

Smile in the Mirror

Smile 😊

Does that seem ridiculous? It might feel that way when you first practice it (especially if someone walks in on you). But smiling at yourself in the mirror first thing in the morning has many positive benefits for your well-being.

Smiling slows the heart and relaxes the body, and it releases endorphins that counteract and diminish stress hormones. It also has been shown to increase productivity while a person performs tasks.



AICA Announcements

- We have COVID Test Kits *available!* Please contact us at (414)-930-9210 if you are in need of a free test kit.
- There will be **no** Youth Session with Rae on Saturday, December 3rd, 2022.
- Please **RSVP** for our Adult Holiday Party on Friday, December 16th, from 1:00 - 4:00!
- **RSVP** your children for our Youth Holiday Party on Saturday, December 17th, from 9:00 -12:00!

Resources:

<https://www.developgoodhabits.com/mindfulness-exercises>

The Three Viruses Causing Waves of Infection

It seems like during this time of the year we all know someone who is showing signs of "a cold," or we are experiencing symptoms ourselves. The question is, which virus is causing it? Because of the Covid-19 pandemic many contribute any symptoms to the coronavirus, but the fact is, there are still other viruses that can, and will go around.

During winter, it's common to come down with a stuffy nose and sore throat. Every year, viruses cause hundreds of millions of upper respiratory tract infections, also known as "colds." These viruses are most active during the months that make up the cold and flu season.

Covid, flu, and RSV can be difficult to distinguish, since they share many common symptoms. But it's useful to know which virus you have, since that determines the treatments you should receive and how long you should isolate.

Respiratory syncytial virus, or RSV, is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can be serious, especially for infants and older adults. RSV is the most common cause of bronchiolitis (inflammation of the small airways in the lung) and pneumonia (infection of the lungs) in children younger than 1 year of age in the United States.

A runny nose, cough, congestion or sore throat can arise because of any of the three viruses or a common cold. But a loss of taste and smell is more commonly associated with Covid than with flu or RSV. And wheezing is often a tell-tale sign of a serious RSV infection, usually found in kids or older adults.

The illnesses have different incubation periods, which is the time between exposure and onset of symptoms. On average, flu symptoms tend to develop two days after exposure to the virus, whereas RSV symptoms tend to take around four to six days to appear, and Covid's typical incubation is three to four days for the omicron variant.

Many viruses cause upper respiratory tract infections, including COVID, RSV, and the flu. The special thing about COVID, RSV, and the flu is that they can also cause more serious lung illnesses and even affect other parts of the body.

Unlike Covid and the flu, there are no vaccines or universally prescribed treatments for RSV.

Resources:

<https://www.cdc.gov/>, <https://www.goodrx.com/conditions/covid-19/covid-vs-flu-vs-rsv>, <https://www.nbcnews.com/health>

Is It RSV, the Flu, or COVID-19?

How to Tell Based on Your **Symptoms**

	RSV	FLU	COVID-19
FEVER	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
COUGH	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
RED EYES	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
SNEEZING	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
BODY ACHES	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
SORE THROAT	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
HEADACHE	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
FATIGUE	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
RUNNY NOSE	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
STUFFINESS	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

KEY: YES SOMETIMES