

**PENNINGTON &  
RED LAKE COUNTIES  
WELLNESS NEWSLETTER  
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**Some FAQ about Covid-19 Vaccination:**

**How many shots of the vaccine will be needed?**

All but one of the COVID-19 vaccines in Phase 3 clinical trials in the United States need two shots to be effective. The other vaccine uses one shot.

**Do I need to wear a mask and avoid close contact if I have received 2 doses of the vaccine?**

Yes. While experts learn more about the protection that COVID-19 vaccines provide under real-life conditions, it will be important for everyone to continue using **all the tools** available to us to help stop this pandemic. Together, COVID-19 vaccination and following CDC's recommendations for how to protect yourself and others will offer the best protection from getting and spreading COVID-19. Experts need to understand more about the protection that COVID-19 vaccines provide before deciding to change recommendations. Other factors, including how many people get vaccinated and how the virus is spreading in communities, will also affect this decision.

**Does immunity after getting Covid-19 last longer than protection from Covid-19 vaccines?**

The protection someone gains from having an infection (called natural immunity) varies depending on the disease, and it varies from person to person. Since this virus is new, we don't know how long natural immunity might last. Some early evidence seems to suggest that natural immunity may not last very long. Regarding vaccination, we won't know how long immunity lasts until we have a vaccine and more data on how well it works.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>

**What to Expect after Getting a Covid-19 Vaccine**

COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects may affect your ability to do daily activities, but they should go away in a few days.

**Common Side Effects**

On the arm where you got the shot:

- Pain
- Swelling

Throughout the rest of your body:

- Fever
- Chills
- Tiredness
- Headache

**Helpful tips**

If you have pain or discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.

To reduce pain and discomfort where you got the shot:

- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

To reduce discomfort from fever:

- Drink plenty of fluids.
- Dress lightly.

**When to call the doctor**

In most cases, discomfort from fever or pain is normal.

Contact your doctor or healthcare provider:

- If the redness or tenderness where you got the shot increases after 24 hours
- If your side effects are worrying you or do not seem to be going away after a few days

If you get a COVID-19 vaccine and you think you might be having a severe allergic reaction after leaving the vaccination site, seek immediate medical care by calling 911.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html>



## Active safety monitoring for COVID-19 vaccines

V-safe is a smartphone-based tool that uses text messaging and web surveys to provide personalized health check-ins after you receive a COVID-19 vaccination.

Through v-safe, you can quickly tell CDC if you have any side effects after getting the COVID-19 vaccine. Depending on your answers, someone from CDC may call to check on you and get more information. And v-safe will remind you to get your second COVID-19 vaccine dose if you need one.

When you get a COVID-19 vaccine, your healthcare provider will give you a v-safe information sheet.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html>

## Be Prepared to Stay Safe in Winter

### Prepare Your Home

- Winterize your home.
- Check your heating systems.
- Install a working smoke detector. Test batteries monthly and replace them twice a year.
- Install a CO detector to alert you of the presence of the deadly, odorless, colorless gas. Check or change the battery when you change your clocks in the fall and spring.

### Prepare Your Vehicle

#### Take Precautions Outdoors

- Wear appropriate outdoor clothing.
- Sprinkle cat litter or sand on icy patches.
- Work slowly when doing outside chores.
- Take a buddy and an emergency kit when you are participating in outdoor recreation.
- Carry a cell phone.

### Prepare for Emergencies

- Stock food that needs no cooking or refrigeration and water stored in clean containers.
- Ensure that your cell phone is fully charged.
- When planning travel, be aware of current and forecast weather conditions.
- Keep an up-to-date emergency kit.

<https://www.cdc.gov/nceh/features/winterweather/index.htm>

## Parenting Tips

Kids have been through a lot since the COVID-19 pandemic began: school closures, massive changes to how they socialize and unrelenting uncertainty about what comes next.

Fortunately, mental health experts are quick to note, children are, on the whole, resilient. But there are plenty who are struggling. In one study, 60% of teens said they're feeling lonely and 50% said they're feeling anxious. Up to one-third of parents say they've noticed their children's mental health get worse since March.

There are many ways parents and caregivers can help children cope with the pandemic and everything it has brought about. One of the simplest is just to ask. But those conversations can be difficult, particularly if they're new for your family or if your child isn't particularly talkative.

**Here are four simple, expert-recommended questions to get you started.**

### 1. What do you think about what's happening now?

"Parents have to keep in mind that kids aren't necessarily thinking about everything that is happening right now in the exact same way they're thinking about it,"

### 2. How do you think your friends are dealing with everything?

Some kids might respond really openly to big, open-ended questions. Others might not have much to say at all.

### 3. I'm feeling [try a bunch of different adjectives here]. How about you?

While open-ended questions are valuable — and you certainly don't want to fall into the trap of projecting your fears and feelings on your child — it can be helpful to lead with yourself, both experts said.

### 4. What's got you excited right now? What are you really loving?

Another way to get a sense of how well your child is coping right now is to ask them about what they're enjoying. You're really getting at: How is my child coping.

From: SafeKids follows Huffington Post Parents



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