

# PENNINGTON & RED LAKE COUNTIES WELLNESS NEWSLETTER April 2021



## Recommendations for Fully Vaccinated People from MN Dept of Health

If you have been fully vaccinated for COVID-19 and it has been at least 2 weeks since the final dose of vaccine (enough time for your body to develop immunity), you have good protection against illness for yourself. However, we're still learning how vaccines will affect the spread of COVID-19. So, it is important to follow the recommendations below when visiting an unvaccinated person or a household with anyone at higher risk for severe illness from COVID-19.

If you've been fully vaccinated (two doses in a two-dose series or one dose in a one-dose series):

- You can gather indoors with smaller groups of fully vaccinated people without wearing a mask. Avoid larger gatherings.
- You can gather indoors with unvaccinated people from one other household without masks, unless any of those people or anyone they live with has an increased risk for severe illness from COVID-19.

It is still important to:

- Continue to wear a mask that fits well and stay at least 6 feet away from other people whenever you are in public or visiting with unvaccinated people from multiple households.
- Wash your hands often.
- Stay home if you are sick, especially if you have been around someone who has COVID-19. If you have symptoms of COVID-19, get tested.
- Avoid crowds and poorly-ventilated spaces.
- Follow guidance specific to your workplace.

### If someone is fully vaccinated and is exposed, they do not need to quarantine if:

- The COVID-19 exposure was at least 14 days after their vaccination series was fully completed.
- They do not currently have any symptoms of COVID-19.

People who live or work in a health care or long-

term care facility, have been vaccinated, and have a COVID-19 exposure should refer to [COVID-19 Recommendations for Health Care Workers \(PDF\)](#).

<https://www.health.state.mn.us/diseases/coronavirus/vaccine/basics.html#quar>

### New CDC Travel Guidelines:

People who are fully vaccinated can travel safely within the United States:

- do not need to get tested before or after travel unless their destination requires it.
- do not need to self-quarantine.
- should still follow safe travel recommendations <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>

### E-cigarette Delivery Sales in 2021

In December 2020, Congress enacted legislation dubbed The Preventing Online Sales of E-Cigarettes to Children Act, which was included as part of the omnibus federal spending bill for fiscal year 2021. The legislation extends the same protections already in place for cigarettes and smokeless tobacco to prevent online sales of e-cigarettes to children and youth. It accomplished this by amending the definition of "cigarette" that applies to the Jenkins and PACT Acts to include: "any electronic device that, through an aerosolized solution, delivers nicotine, flavor, or any other substance to the user inhaling from the device."

Because this definition now includes "any other substance," it covers products whether or not they contain nicotine, including products such as aromatherapy, vitamin, and CBD/THC e-cigarette products. The definition explicitly includes an e-cigarette, e-hookah, e-cigar, vape pen, advanced refillable personal vaporizer, and electronic pipe, as well as "any component, liquid, part, or accessory of [such electronic device] without regard to whether the component, liquid, part, or accessory is sold separately from the device."

<https://www.publichealthlawcenter.org/sites/default/files/resources/Return-To-Sender-PACT-Act.pdf>

## Pain: Considering Complementary Approaches

Pain is the most common reason for seeking medical care. It is also a common reason why people turn to complementary health approaches.

The National Center for Complementary and Integrative Health (NCCIH) has collected information on complementary and integrative approaches for pain in a free 47-page eBook that you can download to your computer or mobile device.

The eBook has summaries of what the science says about approaches like acupuncture, massage therapy, meditation, and yoga, along with tips about their safety. There is also a chapter that summarizes the research on the effectiveness and safety of dietary supplements and other natural products that have been used for various pain conditions.

<https://www.nccih.nih.gov/health/pain-considering-complementary-approaches-ebook?nav=govd>



## Mental Well-being Matters

**Connecting with others is important for our mental well-being.** Think about the connections that are most important to you. Jot down ideas on how you can connect with friends regularly, or schedule a regular call, video chat, or virtual game night with those you want to connect with.

### ADDITIONAL RESOURCES

- Mental Health and Well-being Resources: [health.state.mn.us/people/mentalhealth.html](http://health.state.mn.us/people/mentalhealth.html)
- Crisis Text Line: Text 'MN' to 741741 to receive support for any crisis, 24/7
- National Suicide Prevention Lifeline: 1-800-273-8255

<https://www.health.state.mn.us/docs/communities/mentalhealth/mwbpcconnect.pdf>

## EVERY KID HEALTHY WEEK

### 2021 SCHEDULE



<https://www.actionforhealthykids.org/get-involved/every-kid-healthy-week/>

## Parenting Tips

Every parent has been there. Maybe you rolled through a stoplight, or dropped a few f-bombs, or casually said that grandma's cooking isn't as good as she thinks when the kids were around but not listening. Well, you assumed the kids weren't listening. Because weeks, or even months later, in the worst possible scenario, your offspring opens up their mouth and utters something about your curse words, reckless driving, or thoughts on grandma's tasteless meatballs. Here is one example:

I was at the hardware store with my kids, who are four and five. I was in a rush and trying to just get the stuff through the checkout lane when, out of nowhere, my four-year-old asks the cashier: "Do you know what doing it is? My parents do it all the time!" Where they got that from, I don't know. It stopped me in my tracks. My face went magenta. The cashier was pretty mortified and just sort of looked at me weirdly. But the guy in line behind me, a huge contractor with plaster on his jeans, was crying with laughter. He eventually said, "Good for you buddy!" <https://www.fatherly.com/>

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