



Stay safe... stay healthy... be well.

Wednesday Wellness Message (3/10/21)

This week's wellness message: I've been vaccinated against COVID (or my mother, grandfather, sister, etc. has)... now what?

The CDC recommends that fully vaccinated people **CONTINUE** to take these COVID-19 precautions when in public, when visiting with unvaccinated people from multiple other households, and when around unvaccinated people who are at high risk of getting severely ill from COVID-19, such as those over age 65, or those with underlying medical conditions like diabetes, cancer, obesity, heart conditions and compromised immune systems:

- Wear a **well-fitted** mask and stay at least 6 feet from **people you do not live with**.
- Avoid medium- and large-sized in-person gatherings (**more than 10 people**)
- **Get tested** if experiencing COVID-19 symptoms.
- Follow guidance issued by individual employers and CDC and health department travel requirements and recommendations. **Note: unnecessary travel is STILL discouraged** because of continued concern about transmission of COVID variants and transmission of COVID from high incidence to low incidence areas.



BUT the CDC has eased their recommendations that fully vaccinated people can now safely:

- Visit with other fully vaccinated people indoors without wearing masks or staying 6 feet apart.
- Visit with unvaccinated people from ONE other household indoors without wearing masks or staying 6 feet apart if everyone in the other household is at low risk for severe disease.
- Refrain from quarantine and testing if they do not have symptoms of COVID-19 after contact with someone who has COVID-19 as long as other guidance is not in place (such as employer or local health department)—**WE will continue to look at quarantine on a case-by-case basis due to our many vulnerable constituents.**

****Those of you who are still waiting to be vaccinated, we are working to get everyone in our orbit who wants vaccinated as soon as possible and alleviate any concerns you may have about the vaccines****

This month, often overshadowed by St. Patrick, I'll offer the prayers of some lesser-known Irish saints.

The Prayer of St. Brendan the Voyager

Help me to journey beyond the familiar
and into the unknown.

Give me the faith to leave old ways
and break fresh ground with You.

Christ of the mysteries, I trust You

to be stronger than each storm within me.

I will trust in the darkness and know
that my times, even now, are in Your hand.

Tune my spirit to the music of heaven,

and somehow, make my obedience count for You.

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