

November 12th, 2021



Monday, November 15th The Medical Center will be hosting a FLU Clinic. The clinic will be open from 8:30-11:30 am and 1:15-4 pm. It will be drive thru out back.

Patients must've been seen at the medical center within 18 months prior to this date. Please note, our doctors recommend waiting 2 weeks between flu and COVID vaccines.

Out of abundance of caution, the Medical Center is screening all guests before providing entrance into the facility. To ensure our team is able to address your needs; we kindly ask to be as forthcoming as possible regarding your visit and provide all symptoms you may be experiencing.

Flu Symptoms

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu is different from a cold. Flu usually comes on suddenly. People who have flu often feel some or all of these symptoms:

- fever* or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)
- some people may have vomiting and diarrhea, though this is more common in children than adults.

*It's important to note that not everyone with flu will have a fever.



PLEASE NOTE THE MEDICAL CENTER'S HOLIDAY HOURS:

THANKSGIVING, THURSDAY NOVEMBER 25 TH	CLOSED
CHRISTMAS EVE, FRIDAY DECEMBER 24 TH	8AM- NOON
CHRISTMAS DAY, SATURDAY DECEMBER 25 TH	CLOSED
NEW YEARS EVE, FRIDAY DECEMBER 31 ST	8AM- NOON
NEW YEARS DAY, SATURDAY JANUARY 1 ST	CLOSED



COVID-19 Vaccine Booster Shot: Call the Medical Center to schedule your Booster Shot.

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

COVID-19 Vaccine booster shots are available for the following Pfizer-BioNTech vaccine recipients who completed their initial series at least 6 months ago:

- 65 years and older
- 18+ who have underlying medical conditions
- 18+ who work in high-risk settings
- 18+ who live in high-risk settings

COVID-19 VACCINES FOR CHILDREN AND TEENS:

Most Children and All Teens Can Get COVID-19 Vaccines. CDC recommends everyone ages 5 and older get a COVID-19 vaccine to help protect against COVID-19.

COVID-19 Vaccines for Children and Teens

Updated Nov. 2, 2021 Languages ▼ Print

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Authorized For	Pfizer-BioNTech	Moderna	J&J / Janssen
4 years and under	No	No	No
5-11 years old	Yes	No	No
12-17 years old	Yes	No	No
18 years and older	Yes	Yes	Yes

In Other News:



UPDATE

Travel requirements to enter the United States are changing, starting November 8, 2021. More information is available [here](#).

Know travel requirements and recommendations for international travel.

[U.S. Citizens, U.S. Nationals, U.S. Lawful Permanent Residents, and Immigrants](#)
[Non-U.S. Citizen, Non-U.S. Immigrants: Air Travel to the United States](#)
[Travel Recommendations by Destination](#)

DETAILS ABOUT TRAVEL REQUIREMENTS

[Required Testing before Air Travel to U.S.](#)
[Mask Requirement](#)
[Vaccine Requirement](#)

CDC has temporarily extended the [Framework for Conditional Sailing Order](#) (CSO) through January 15, 2022, with minor modifications. The CSO, as modified, applies to *foreign-flagged* cruise ships operating or seeking to operate in U.S. waters. The temporary extension is effective upon expiration of the current

CSO on November 1, 2021. Passenger operations have now resumed on cruise ships. The CSO as modified aligns with current public health considerations and other factors onboard cruise ships.

CDC has issued a [Level 3 Travel Health Notice](#) for cruise ship travelers.

The chance of getting COVID-19 on cruise ships is high because the virus spreads easily between people in close quarters aboard ships.



The following groups of people **should avoid** traveling on cruise ships, including river cruises, worldwide:

- People who are **not fully vaccinated**
- People with an **increased risk of severe illness**, regardless of vaccination status

People who decide to go on a cruise should **get tested** 1–3 days before their trip and 3–5 days after their trip, regardless of vaccination status.

RESOURCE

Additional information, links to community and local resources, MCOR's updated COVID-19 tracking grid and more is available at:

WWW.MCOR.ORG

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/children-teens.html>

Johnson & Johnson's Covid-19 vaccine is 73.6% effective, according to new real-world study
<https://www.cnn.com/2021/11/02/health/johnson-covid-vaccine-study/index.html>