

Health Word at the 3rd

Greetings and Happy New Year from the Third Baptist Church Health and Wellness Ministry!

This issue will update you on the COVID-19 pandemic and provide you information on the 2 approved vaccines.

WHAT IS COVID-19?

COVID-19 is an abbreviation for '2019 novel coronavirus'. This new virus, not previously seen in humans, was first seen in Wuhan, China.

WHAT ARE THE SYMPTOMS?

Symptoms can vary from person to person, and can be mild, moderate, or severe. Some common symptoms are: fever, cough, shortness of breath, feeling achy and/or tired, and loss of taste or smell. Seek medical care if severe symptoms are experienced, like difficulty breathing or persistent chest pain.

Symptoms can appear 2 to 14 days after you come in contact with the virus and can last for several days to weeks.

WHO SHOULD BE TESTED AND WHEN?

If you are experiencing any COVID-19 symptoms and recently had close contact with someone who has COVID-19, you should think about getting tested.

During testing, each of your nostrils will be swabbed to collect a sample. This can be a little uncomfortable, but takes only a few seconds.

Test results can take a few minutes or a few days to come back depending on the type of test you take.

WHAT CAN I EXPECT IF HAVE COVID-19?

Most people with COVID-19 can expect a full recovery, however, there are some who will experience some lingering effects for several weeks or months. These symptoms can vary and at times, be severe. With COVID-19 still being very new, this information will continue to change.



Third Baptist Church

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Health and Wellness

Quarterly Newsletter

2021, 1st Quarter

SPECIAL ISSUE: COVID 19 PANDEMIC

Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

3John 1:2 NIV

HOW DO I GET COVID-19?

Like many other viruses, COVID-19 can spread easily from one person to another. There is a higher chance of this happening when you are in very close contact (within 6 feet) with other people. The virus is in droplets that are spread when you cough, sneeze, or even talk. These droplets can enter your body when you breathe or if they land inside of your mouth and nose. Although not as common, the virus can also spread from a surface, so be sure to clean any contaminated areas.

HOW DO I PROTECT MYSELF FROM COVID-19?

Three of the best practices to avoid COVID-19 are social distancing, wearing a mask or face covering, and hand washing. Even as stores reopen and events are scheduled, continue to be mindful of crowd size and look for outdoor activities or well-ventilated spaces. If you know that someone has COVID-19, remain isolated from them for at least 10 days and make sure they are fever free without needing medication.

HOW IS COVID-19 TREATED?

Currently, there is not a cure for COVID-19. For mild to moderate symptoms, you should rest at home, drink plenty of hydrating fluids, and treat your symptoms (cough, sneezing, fever, etc.). For severe symptoms, be sure to seek medical care. There are medications that can be given if you are at high risk or in the hospital and meet all of the guidelines.

WHAT ABOUT THE COVID VACCINE?

In December 2020, the FDA authorized emergency use of 2 COVID vaccines. One is made by a company named Pfizer and the other by the company Moderna. Currently, the vaccines are being administered to health-care workers, nursing home residents, and high risk adults, but should be available to everyone this Spring or Summer. There are 2 shots in this vaccine series that are given 3-4 weeks apart, depending on which one you get. The vaccines are very effective against COVID-19. Approximately 95% of people will be immune after receiving the full vaccine series (2 shots)!

ADDITIONAL RESOURCES (click links below):

[COVID-19 Myth Busters](#)

[CDC COVID-19 Website](#)

[COVID Vaccine Facts Part 1](#)

[COVID Vaccine Facts Part 2](#)

[Black Coalition COVID Event Link: January 7, 2021](#)

A Personal Note from Dr. June Jarvis

I received my COVID Vaccine on December 22, 2020. Even as a pharmacist, I was very worried at first about an unknown substance going into my body. After researching, I realized that I would much rather have the vaccine than COVID! The vaccine technology isn't new, so I knew what to expect: a sore arm, feeling tired, slight headache. Those symptoms lasted 2 days! I'm even more prepared for my second shot now that my anxiety is gone. The Black community has been affected the most by COVID-19, so it is very important that we protect ourselves against it by getting vaccinated when it is offered.