



2022

December



Newsletter

Stay Healthy This Winter

According to Oregon Health Authority (OHA) respiratory illness like Covid 19, the flu, and RSV are circulating at **high levels this season**.

So, what can you do to stay healthy and avoid the bug?

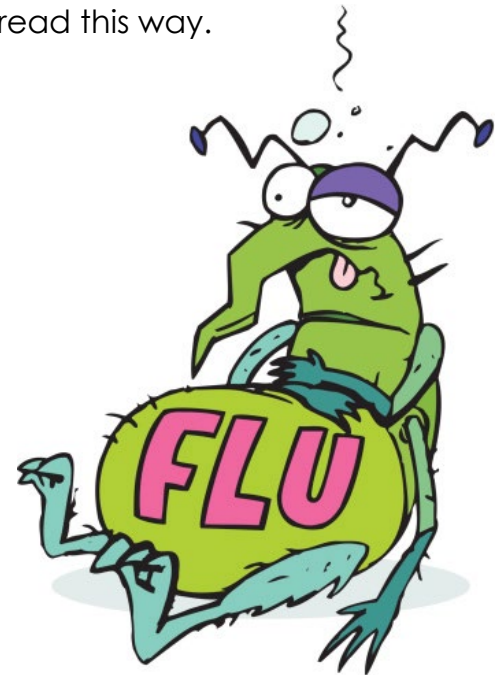
Take everyday precautions!

- Wash your hands or use hand sanitizer.
- Cover your nose and mouth with a tissue or your arm when you cough or sneeze.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Stay home if you get sick.
- Clean work and household surfaces often.
- Practice good health habits.
 - Get plenty of sleep and exercise.
 - Manage your stress.
 - Drink plenty of water/fluids.
 - Eat healthy nutritious food.
- Quit smoking and avoid secondhand smoke.

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Vaccinations are also a great way to prevent the flu. Check with your medical provider to learn about which form of the vaccine is right for you.

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Return Service Requested



Happy Birthday

Christine A.
Joshua B.
Lauren F.
Alethea V.
Casey F.
Margaret S.
Gregory C.
Michael G.
Kenny D.
April G.
Connor F.

Benjamin K.
Michael F.
Cascadia F.
Marvin W.
Matthew G.
Kenneth V.
Christopher I.
Austin H.
Robin H.
Ethan G.
Shari S.

Sharon S.
Macey M.
Joseph H.
Timothy F.
Leland L.
Justin W.
Marcy K.
Alexandra H.
Ian B.
Heather T.

Nathan J.
Norman S.
Tiffany M.
Matthew V.
Duane N.
Nancy A.
Devin J.
Jeff K.
Stephen C.
Stephen R.

Kyle S.
David W.
Cody S.
Ronald A.
Joseph Q.
Karl H.
Shelley V.
Mickey B.
Gary F.
Jacob B.