

Flu vaccine will not interfere with Covid-19 vaccine, says Mayo Clinic doctor

Mayo Clinic News Network
The race toward a vaccine for COVID-19 continues as multiple clinical trials are in the end stages of testing. While the wait for that vaccine continues, experts are urging people to get vaccinated for another infectious disease - influenza.

While there have been questions about whether the flu vaccine could affect the effectiveness of a potential COVID-19 vaccine, Dr. Gregory Poland, a Mayo Clinic virologist and vaccine expert, said there's no evidence this would happen. "I think what they're asking about is a phenomenon called 'viral interference,' (which is) the idea that if you have two viruses or two vaccines, do you in some way interfere with the immune response? We have no evidence of that," said Dr.

Poland. "What we do have evidence of is that influenza alone — and it can be unpredictable — sickens tens of millions of people in the U.S. every year, hospitalizes hundreds of thousands and kills tens of thousands." He continued: "The other thing we know from two studies ... of well over 20,000 people is that simultaneous infection with COVID and influenza doubled the death rate. So getting your flu vaccine

is important on multiple levels. It appears to lower — not increase — the mortality experience of people who get simultaneously infected. It decreases symptomatology. It decreases the surge in demand on the medical system. It decreases the anxiety somebody is naturally going to have in the midst of a pandemic over, 'What to do these respiratory symptoms represent for me?' And while they're waiting to get a COVID test back, which might be several days, they're in isolation, they can't go to work, they're separated from their family members, so the easiest thing in the world to do is take influenza off the table by getting the flu vaccine."

Dr. Poland said getting vaccinated for the flu and getting vaccinated as early as possible is an important, safe and effective thing everybody can do.

The Centers for Disease Prevention and Control recommends that everyone over the age of 6 months get vaccinated for the flu each year. This season, along with the injectable vaccine, the flu mist is also an option where available to those who qualify.

For more information and all your COVID-19 coverage, go to the Mayo Clinic News Network and mayoclinic.org.

CORONAVIRUS (COVID-19) WHEN TO SEEK CARE

Please follow the guidelines below when considering whether or not to seek medical care if you're experiencing symptoms similar to symptoms associated with COVID-19.



STAY HOME

If you are worried, but well, please stay home.

Going to a hospital or doctor's office when well adds a higher number of people and can overwhelm medical staff.



CALL FOR ADVICE

If you are sick and think you have been exposed to COVID-19 call your health care provider or 1-877-PA-HEALTH to discuss your exposure.



SEEK CARE

If you are sick and feel you have an emergency, call your health care provider or seek medical care.

Please call your provider's office or hospital before you go, especially if you're symptomatic.

FOR MORE INFORMATION AND UPDATES, VISIT:
HEALTH.PA.GOV

pennsylvania
DEPARTMENT OF HEALTH
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Masks work this well...

Two hair stylists with COVID-19 spent at least 15 minutes with 139 clients

EVERYONE WORE FACE COVERINGS NO CLIENTS ARE KNOWN TO BE INFECTED




WEAR CLOTH FACE COVERINGS CONSISTENTLY AND CORRECTLY TO SLOW THE SPREAD OF COVID-19

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WHAT IS A CASE?



A patient has a diagnosis of COVID-19.

TAKE ACTION:

Isolate. Separate from people who are not sick to avoid spreading illness.

WHAT IS A CONTACT?



An individual had close contact while the case patient was infectious.

TAKE ACTION:

Quarantine. Stay at home to limit community exposure to illness and to see if symptoms develop.

WHAT IS A CONTACT OF A CONTACT?



An individual had or continues to have close contact with a contact.

TAKE ACTION:

Everyday preventative actions. Wash hands, cover coughs and sneezes, and clean surfaces frequently. Be alert for symptoms.

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Tips on how to wear, care for your cloth mask and help keep yourself safe

Mayo Clinic News Network
Wearing a cloth mask in public to help slow the spread of the virus that causes COVID-19 is recommended by the Centers for the Disease Control and Prevention and required by many business establishments.

Here is how to do it correctly. These tips are adapted from the CDC guidance on how to wear and care for a cloth mask:

How to wear cloth face coverings?

- Cloth face coverings should:
 - Fit snugly but comfortably against the side of the face.
 - Be secured with ties or ear loops.
 - Include multiple layers of fabric.
 - Allow for breathing without restriction.

— Be able to be laundered and machine dried without damage or change to shape.

How often should cloth face coverings be washed or otherwise cleaned?

Cloth face coverings should be routinely washed depending on the frequency of use. Mayo Clinic recommends that cloth face coverings be washed after every day of use.

How do I store my cloth mask?

Masks should not be placed in pockets for later use. To store or transport, carefully fold the mask so the contaminated outside is folded inward and against itself. Place in clean or new paper bag, and perform hand hygiene.

How can I safely clean a cloth face covering?

Machine washing or hand washing should suffice to properly wash a cloth face covering with regular laundry detergent. Mayo Clinic recommends a 'hot' water temperature for washing face coverings.

How do I safely remove a used cloth face covering?

When removing a cloth face covering, be careful not to touch your eyes, nose or mouth, and perform hand hygiene immediately after

AARP Foundation Tax-Aide Is Looking for Volunteers



We are looking for compassionate and friendly people to join our volunteer team. We'll provide the training and support to help you learn new skills, and you'll get a great feeling from helping those in need. The program is looking for individuals to volunteer virtually or in person in a number of roles to provide help to taxpayers.

Volunteers fill a variety of roles:

- ✓ Counselors work with taxpayers directly by filing out tax returns. If you have no previous experience, you'll get the training you need and will also receive IRS certification.
- ✓ Client Facilitators welcome taxpayers, help organize their paperwork, and manage the overall flow of service.
- ✓ Speak a second language? We have a big demand for bilingual speakers in all roles, especially dedicated interpreters who can assist other volunteers.

You can volunteer in person, online, or by phone. Go to aarpfoundation.org/taxaidevolunteer or call 1-888-AARP-NOW (1-888-227-7668).

Or, locally, call 979-341-9322

AARP Foundation Tax-Aide serves millions of individuals each year, providing tax preparation help for anyone free of charge. AARP membership is not required, and taxpayers of any age can take advantage of this service. It is the nation's largest free volunteer tax program, offered in conjunction with the IRS.

HOW CAN I PROTECT MYSELF FROM COVID-19? WASH YOUR HANDS!



1 WET HANDS



2 APPLY SOAP



3 SCRUB 20 SECONDS



4 RINSE UNDER WATER



5 DRY WITH CLEAN TOWEL



CLEAN HANDS!

DONATIONS NEEDED

To meet the needs of the senior population, ActionS, Inc. of Brazoria County is asking residents to drop off grocery and basic necessity donations at the Angleton Rec Center at 1601 N. Valderas between 10am - 2pm (M-F).

Follow the ActionS, Inc. of Brazoria County Facebook page for updates





For more information, visit www.portfreeport.com
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