

SBH Team

Jill Mullens
School Nurse

Erin McFarland
Counselor

Monica Murray
Clerical Assistant



Don't Hesitate!! Get Vaccinated!

When it comes your turn, it is very important to get vaccinated!

Top 5 reasons to get vaccinated

1. To curb the spread of the virus and help stop the pandemic.
2. To prevent your family, friends, and coworkers from getting sick.
3. To develop personal immunity and establish herd immunity.
4. To help make sure there are enough medical therapies and hospital beds for those who need them.
5. To avoid shutdowns and social isolation.

COVID-19 vaccines

According to the Director of the National Institute for Allergy and Infectious Diseases, Anthony Fauci, M.D., vaccinating 70% to 90% of the population can halt the spread of the COVID-19 virus by establishing immunity within our communities. This is sometimes called herd immunity. Widespread education about and participation in the vaccination program is needed for it to be fully effective. It is estimated that it will be mid- to late-2021 before we reach the desired level of vaccination for herd immunity.

How do I decide if the vaccine is right for me?

The decision to get vaccinated can be a difficult personal choice. You may hear incorrect information about how safe the vaccine is and how well it works. You should talk to a trustworthy source such as your primary doctor to make a decision about receiving the vaccine. You can also research websites from the Centers for Disease Control and Prevention (CDC) or your state or local health department.

How do I weigh the risks and benefits?

Some people may experience mild discomfort after getting the vaccine, but this only lasts a few days. To date, no one has gotten sick or died from getting the vaccine. However, millions of people have gotten sick from the virus and hundreds of thousands have died.



What goes up when the rain goes down?

[Umbrellas.](#)


Why couldn't the flower ride its bike?


[It lost its petals.](#)

What is the best flower for a boy to give his mom?

[A son-flower!](#)

Comparison between vaccine side effects and COVID-19 health effects

 <p>POTENTIAL VACCINE SIDE EFFECTS</p>	Soreness at the site of injection
	Headache, fatigue, aches, chills, joint pain, nausea
	Fever
	Allergic reaction (rare)

 <p>POTENTIAL COVID-19 HEALTH EFFECTS</p>	Death
	Headache, fatigue, shortness of breath, cough, chest pain, joint pain, nausea, shortness of breath, cough, chest pain, joint pain
	Fever, heart palpitations
	Brain fog
	Depression, anxiety, PTSD
	Inflammation of the heart muscle
	Difficulty breathing
	Acute kidney injury
	Rash, hair loss
Loss of smell and taste, sleep issues, difficulty with concentration, memory loss	

COVID-19 infection threatens everyone's health and wellbeing. To defeat the virus, we need to take several approaches. Vaccines are an important part of effective control against spread in the community. Quarantine or isolation, physical distancing, handwashing, and mask wearing must continue, even after you have been vaccinated. These measures are important to protect yourself and others.

Nine Positive Mental Health Habits To Try Weekly

Connectedness-try and find some time during your week to connect with friends, colleagues, or family members

Self-care-find activities that you can schedule into your week that provide you with a sense of self care

Staying present-use some mindfulness exercises to try and connect you to the present moment

Relaxation-schedule time into your week where you can switch off and relax your mind and body

Physical activities-where possible try and stay active. Exercise is a great tool for boosting mood and reducing stress and anxiety

Coping skills-Be proactive with your mental health. Learn, practice, and refine some new skills that can help you cope with pressure or stress

Talk-talk openly to close friends or family members about how you are feeling and what you might be thinking

Achievement-engage in activities that provide you with both a sense of pleasure and achievement

Resource: Twitter @believephq