



# Take Care of YOU

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## REMEMBER

The COVID-19 pandemic is not over. There is still the possibility that you could get infected. The vaccine can reduce the chance of infection, especially a severe one. Anticipate that someday, COVID will be similar to the flu, occurring each year with a vaccine adjusted and offered every year.

## Time to Celebrate! CDC Relaxes COVID Restrictions

It appears that we are moving more toward herd immunity. The CDC has relaxed restrictions and released a new COVID-19 vaccine to address the new variants.

Some freedom at last.

We know that the COVID virus mutates, that our immunity to the virus can fluctuate, so the new vaccine will help increase the chance of reaching full herd immunity.

Immunity by vaccination helps us decrease the chance of COVID re-infection and bad outcomes.

We now know that the COVID vaccine can be tweaked when needed, just like the flu vaccine, to increase our protection. So, don't be alarmed if you hear about that happening. Periodic changes in the vaccine do not mean the vaccines aren't working. They are.

Let's all hold hands, vaccinate if you choose to, know that herd immunity will become a reality, and restrictions imposed by COVID will go by the wayside.

- Dr. William Browner, MD, Medical Director