



Red Cliff Community Health Center

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COVID-19 Update

January 27, 2021

Total Tested RCCHC:	1,256 (+10)
Total Positive Tests:	96 (+0)/0 Active, 93 Recovered, 3 Death
Quarantine:	6
Active Monitoring:	6 (0 positives/6 Close Contacts)

The Red Cliff Community Health Center is pleased to report no new cases of Covid-19.

COPING WITH STRESS OF COVID-19

**Learning to cope with stress in a healthy way will make you,
the people you care about, and those around you become more resilient.**

Stress can cause the following:

- Feelings of fear, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, desires, and interests
- Difficulty concentrating and making decisions
- Difficulty sleeping or nightmares
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of tobacco, alcohol, and other substances

HELP IS AVAILABLE- RED CLIFF HELPLINE 715-779-3509

Caretakers of the medicine, protectors of your health

