



# Red Cliff Community Health Center

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## COVID-19 Update

January 28, 2021

Total Tested RCCHC:	1,257 (+1)
Total Positive Tests:	96 (+0)/0 Active, 93 Recovered, 3 Death
Quarantine:	1
Active Monitoring:	1 (0 positives/1 Close Contacts)

The Red Cliff Community Health Center is pleased to report no new cases of Covid-19. However, one community member was identified as a close contact and is following appropriate quarantine protocols.

### TIPS TO CARE FOR YOURSELF – ONE SMALL WAY EACH DAY

- Take breaks to unwind through yoga, music, reading or new hobbies.
- Find new ways to connect with family and friends, get support and share feelings.
- Take care of your body and get moving to lessen fatigue, anxiety, and stress.
- Treat yourself to healthy foods – try a new recipe.
- Get plenty of rest.
- Start a journal to write down how you feel about current events.
- Practice gratitude – think about why you are grateful for you!

FOR MORE INFORMATION VISIT:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping>

*Caretakers of the medicine, protectors of your health*

