



Red Cliff Community Health Center

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COVID-19 Update

May 6, 2021

Total Tested RCCHC: 1,639 (+5)

Total Positive Tests: 118 (+0)/5 Active, 110 Recovered, 3 Death

Quarantine: 39

Active Monitoring: 39 (5 positives/34 Close Contacts)

The Red Cliff Community Health Center reports no new cases of Covid-19 today.

MAY IS MENTAL HEALTH AWARENESS MONTH –

**Covid-19 has changed the way we work and live, go to school and spend time together.
Learning to deal with this in healthy ways is key!**

Care for Yourself

- Get the 3 goods – sleep, food and exercise
- Relax
- Set Boundaries

Stay Connected

- Use social media wisely
- Do remote doctor's visits

Reducing Stress

- Establish a routine
- Talk it out
- Monitor your reactions

Caretakers of the medicine, protectors of your health

