



Red Cliff Community Health Center

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COVID-19 Update

October 14, 2021

Total Tested RCCHC: 2,646 (+16)

Total Positive Tests: 177 (+2)/5 Active, 169 Recovered, 3 Death

Quarantine: 49

Active Monitoring: 49 (5 positives/44 Close Contacts)

The Red Cliff Community Health Center reports two (2) new cases of Covid-19 today.

SELF CARE DURING CHALLENGING TIMES

You're not being selfish, you're showing self-interest. Taking the time to protect your own physical and mental health ensures you have the resources to take care of others.

Get the 3 "goods"

That's good-for-you foods, a good night's sleep, and a good amount of exercise.

Relax your body

Do what that works for you, like taking deep breaths, stretching and exercising, meditation, and spiritual activities.

Do something you enjoy

Eat a good meal, read, create a playlist of your favorite music, play video games, or talk to family and friends.

Set boundaries

Don't let the pandemic take over what you read, watch, or talk about. And don't be afraid to ask friends and family to talk about something else.

Avoid negative outlets

Find healthy ways to process your emotions. Avoid self-medicating with alcohol, drugs, or risky behaviors.



Caretakers of the medicine, protectors of your health

