



# Red Cliff Community Health Center

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## COVID-19 Update

December 22, 2021

Total Tested RCCHC: 3,249 (+22)

Total Positive Tests: 208 (+1)/5 Active, 200 Recovered, 3 Death

Quarantine: 55

Active Monitoring: 55 (5 positive/50 Close Contacts)

The Red Cliff Community Health Center reports one (1) new case of Covid-19 today.

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### **If you plan to gather for the holidays, follow these recommendations to help minimize your risk for getting or spreading COVID-19:**

- Everyone who is eligible to get vaccinated should get any of the COVID-19 vaccines as soon as possible.
- Everyone 16 years and older is recommended to receive a booster dose for the best protection.
- Consider using a self-test before gathering indoors with others. Using a self-test before gathering can give you information about your risk of spreading COVID-19 to others.
- Get tested if you have symptoms of COVID-19 or were in close contact with someone with COVID-19, even if you are fully vaccinated.
- Avoid gathering if you test positive for COVID-19, have symptoms of COVID-19, or were in close contact with someone with COVID-19.
- Wear a well-fitted mask over your nose and mouth if you are in a public indoor setting and you are not fully vaccinated. Even if you are fully vaccinated, you should wear a mask indoors if you are in an area with high transmission rates.

### **If you gather to celebrate, avoid crowding in indoor spaces.**

- Gathering outdoors is always safer. Meet with friends and family for a post-meal walk outside.
- If you celebrate indoors, provide extra space between the chairs at the table.
- Consider setting up different areas in your home for activities to allow for physical distancing.

*Caretakers of the medicine, protectors of your health*

