



# Red Cliff Community Health Center

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## COVID-19 Update

February 1, 2022

Total Tested RCCHC:	4,521 (+15)
Total Positive Tests:	399 (+3)/49 Active, 347 Recovered, 3 Death
Quarantine:	89
Active Monitoring:	89 (49 positive/40 Close Contacts)

The Red Cliff Community Health Center reports THREE (3) new cases of Covid-19 today.

## Get the COVID-19 vaccine to protect yourself from COVID-19 and long COVID. What we know about long COVID

Most people with COVID-19 recover and return to their normal lives within a couple of weeks. **Yet, some people may experience symptoms that last for weeks or months.** We still don't know why some people get long COVID.

We are still learning about long COVID but the most common symptoms reported include:

Shortness of breath	Chest pain
Trouble sleeping	Depression or anxiety
Difficulty thinking, concentrating, or remembering things	
Joint or muscle pain	Tiredness or fatigue
Headache	Loss or change of smell or taste
Dizziness on standing	Cough
Fast-beating or pounding heart	Fever
Symptoms that get worse after physical or mental work	



*Caretakers of the medicine, protectors of your health*