

Bois Forte Medical Clinics Newsletter

December 2022



Happy Holidays from all of us at Bois Forte Medical Clinics

May the Great Spirit give you Peace this Christmas and guide you safely throughout the new year, with health and happiness



Tips to Have a Healthy Holiday Season

- Wash your hands often to help & prevent the spread of germs
- Bundle up to stay dry & warm
- Eat healthy, stay active
- Get your FLU VACCINE
- Cover your cough & sneezes
- Keep surfaces clean often
- If you or a family member are sick, stay home

Brighten the holidays by keeping you and your loved ones safe and healthy—and ready to enjoy the holidays

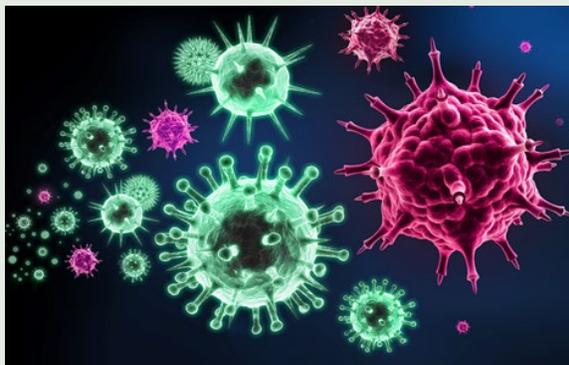




This Winter's Triple Virus Threat: RSV, Flu & COVID-19 Infections

Many respiratory viruses spread year-round, but this year we have been seeing higher levels during the fall and winter months. Currently, across the U.S. there are elevated levels of respiratory syncytial virus (RSV), influenza (flu), and COVID-19.

RSV is a common virus that usually causes mild cold-like symptoms such as cough, runny nose, and low-grade fever, and occasionally wheezing. Most people recover in 1-2 weeks. RSV can be serious in babies, children <5 years old and elders >65 years. Especially those who may have underlying respiratory issues or chronic diseases.



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Influenza (Flu) is a respiratory illness that affects the nose, throat, and lungs. People 65 years and older, young children, pregnant people, and people with certain health conditions are at higher risk of developing serious complications.

COVID-19 continues to circulate through communities causing serious illness, hospitalization, and death. People with certain medical conditions (cardiac, respiratory) are at higher risk and more likely to become very sick from COVID-19.

All 3 of these viruses can be spread through coughs, sneezes, touching contaminated surfaces or objects, touching your own mouth, nose, or eyes.

Treating these viruses varies and it is recommended that you talk with your healthcare provider when your symptoms begin.

The most important action you can take to prevent these viruses is to get **VACCINATED** and keep them up to date, you should also stay home if you are sick.



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Bois Forte Medical Clinics will be closed all day December 23rd & 26th for Christmas. We will also be closed all day January 2nd for New Years.

