

Public Health Newsletter



Public Health and Ne-la-Shing Clinic Continue to Collaborate in Providing COVID-19 Testing to the Mille Lacs Band of Ojibwe Community
For More Information on Testing Options, Call the Ne-la-Shing Clinic at:
320-630-0855

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Think Twice Before You Travel



Travel can increase your chance of spreading and getting COVID-19. Postponing travel and **staying home is the best way to protect yourself and others from COVID-19.**

If you are considering traveling, here are some **important questions to ask yourself and your loved ones** beforehand. These questions can help you decide what is best for you and your family.

Are you, someone in your household, or someone you will be visiting **at increased risk** for getting very sick from COVID-19?

If your household includes one or more individuals at increased risk for severe illness, **all family members should act as if they themselves are at increased risk.**

The more cases in your community or at your destination, the **more likely you are to get and spread COVID-19** as a result of your travel.

Does your home or destination have **requirements or restrictions for travelers?** Check **state and local requirements** before you travel.

During the 14 days before your travel, have you or those you are visiting had **close contact with people they don't live with?**

Do your plans include **traveling by bus, train, or air which might make staying 6 feet apart difficult?**

Are you traveling with people who **don't live with you?**

If the answer to any of these questions is "yes," you should consider making other plans, such as delaying your travel.

Information on this page adapted from the CDC Website at: www.cdc.gov.

Check Out Travel Rules

State, local, and territorial governments may have travel restrictions in place, including **testing requirements, stay-at-home orders,** and **quarantine requirements** upon arrival.

Check the **state and local health department** where you are, along your route, and where you are going.

If traveling by air, **check if your airline requires any health information, testing, or other documents.**

Local policies at your destination may **require you to be tested** for COVID-19.

If you test positive on arrival, you may be **required to isolate** for a period of time.

Onamia Schools and Public Health Collaborate to Provide Healthy Ingredients and Activities for Family Fun Night



Family Fun Night at Onamia Schools was a drive-through event this year. Families drove through to pick up the usual school items like homework and computer chargers, but this time they got more. Participating families provided with ingredients for Three Sisters vegetables, along with Three Sisters coloring sheets.



*Photos courtesy of Cyndy Rudolph,
Onamia Schools Community Education*

Stuck In A Holiday Slump?

Try these:

- * Hop in the car, crank up the holiday music, and take a drive to look for light displays.
- * Go sledding or ice skating, take a walk or hike.
- * Test out some new recipes. Start with easy ones, and work your way up to more complicated choices.
- * Settle down for a long winter's nap. You're probably dealing with COVID-19 fatigue, and you deserve a break.

Keep Your Christmas Season Safe From COVID-19



The Christmas holiday is more than just one day. It's an entire season that seems to start earlier every year so that we have more time to do more. More shopping. More parties. More gifts. More celebrating.

With the COVID-19 pandemic in a full rage, however, **we don't need more of those things.**

We need more caution.

The safest thing you can do this Christmas season is stay home. Limit in-person contacts during holiday preparations and celebrations to the people in your household. Even there, **wash your hands** regularly and disinfect frequently touched surfaces.

Tips to Stay Safe this Christmas Season:

- * Avoid crowds.
- * Shop online.
- * Skip singing in groups this year.
- * Worship online or with fewer people.
- * Re-think the usual gift exchange routine.
- * Think small, short and sweet gatherings.
- * Follow all health safety tips and precautions.

Information on this page adapted from:
Penn Medicine News: www.pennmedicine.org and
OSF Health Care: www.osfhealthcare.org.

Who Approves Vaccines?

National or regional regulators oversee a vaccine's development. This includes approving clinical trials, evaluating their results, and making decisions on licensing. In deciding, regulators must refer to very strict standards on acceptable ethical clinical practice.

Once a vaccine has been developed, regulators decide whether to introduce a vaccine.

As with all medicines, the safety of a vaccine must be continuously monitored, even after trials and vaccine introduction.

Reports are then sent to national health authorities.

Vaccine Facts



The most commonly used vaccines we have today have been in use for decades, with millions of people receiving them safely every year.

In addition, there are several new vaccines under development. If approved, these will help prevent more life-threatening diseases – such as COVID-19 - or improve the effectiveness of existing vaccines.

As with all medicines, every vaccine needs to go through extensive testing before it can be introduced in a country. Once they are in use, they must be continuously monitored to make sure they are safe for the people who receive them.

Once a vaccine is identified, it will undergo laboratory testing. This includes careful examination and testing of the vaccine and its ingredients. These tests evaluate the safety of the vaccine, and how well it prevents a disease.

If positive results are achieved, a manufacturer can then apply to do clinical trials. These trials involve several thousand healthy volunteers, whose safety is ensured by national regulatory authorities, and may last for many years. The trials are bound by strict regulations, and done over time in larger and larger groups.

The results of all these studies will be looked at when regulators decide whether to approve a vaccine.

Studies may also take place after a vaccine is introduced. They allow scientists to monitor the vaccine among an even larger number of people, over a longer timeframe.

Information on this page adapted from the World Health Organization website at: who.int.



Celebrate December!

December 9 —
Christmas Card Day

December 11 —
National Sobriety Day

December 12—
Poinsettia Day

December 14—
International Monkey
Day

December 15—
International Tea Day

December 17 —
National Maple
Syrup Day

December 18 —
National Ugly
Christmas Sweater
Day

December 21 —
Crossword Puzzle
Day

December 26—
National Thank You
Note Day

December 28 —
Card Playing Day

December Recipe: Taco Turkey Meatloaf



Here's a healthy
and tasty
turkey option
for the holidays
with a Mexican
flair!

Makes 2 loaves,
8 servings each.
211 calories per
slice.

Recipe from
Taste of Home website at:
www.tasteofhome.com

Ingredients:

2 large eggs, lightly beaten
1 cup cooked brown rice
1 medium onion, grated
1/2 cup shredded Monterey Jack cheese
1/4 cup dry breadcrumbs
1/4 cup grated Romano cheese
1/4 cup tomato sauce*
1 envelope taco seasoning
2 garlic cloves, minced
1/2 teaspoon pepper
3 pounds ground turkey

Topping:

1 cup tomato sauce*
1/2 cup shredded Monterey Jack cheese
1/4 cup grated Romano cheese

Directions:

Preheat oven to 350.
In a large bowl, combine the first 10 ingredients..
Add turkey, mix lightly but thoroughly.
Shape into two 7 1/2 x 4 1/2-in. loaves.
Place in a greased shallow baking pan; Bake for 1 hour.
Mix together topping ingredients; spread over loaves.
Bake until a thermometer reads 165 degrees, about 10-15
minutes longer.
Let stand 10 minutes before slicing.

**May substitute salsa for tomato sauce.*

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Going On This Month



YOU'RE INVITED TO PARTICIPATE!

You are eligible to participate in a community health survey called the *Tribal Tobacco Use Project II*. This survey provides our community with important information.

About the survey:

- ▶ 30 minute interview
- ▶ Asks about attitudes, beliefs, and use of traditional and commercial tobacco
- ▶ You receive a \$20 gift card for your time

To schedule an interview or if you have questions contact:

Colleen McKinney at 320-362-4705



Boozhoo! Mille Lacs Band of Ojibwe is working with the American Indian Cancer Foundation (AICAF) on the *Tribal Tobacco Use Project II (TTUP II)*. This is a survey that covers both commercial and traditional tobacco use.

We need our community to participate to make this survey successful. A \$20 gift card is given to all who participate. To set up a time to do an interview, to find out if you are eligible, or if you have any questions/concerns, please call Colleen McKinney at 320-362-4705. *Miigwech!*

Survey subjects are chosen from a random list of community members.



Do you have suggestions about what we should include in the Public Health Newsletter? If so, email:
colleen.mckinney@hhs.millelacsband-nsn.gov
with your ideas.