

Public Health Newsletter



Researchers around the world have been working at record speed to develop vaccines to combat COVID-19. Less than a year after the start of the pandemic, that goal is now a reality. The U.S. is among the countries that have begun vaccinating people against the virus. **Two vaccines**, one from Moderna and another from Pfizer-BioNTech, are now being distributed worldwide. **Both vaccines need two shots to be effective.** In December, both vaccines received an **Emergency Use Authorization (EUA)** from the Food and Drug Administration.

*See more information on the COVID-19 vaccine on
Page 2 of this newsletter.*

**For More Information on COVID-19
Vaccination Options in the
Mille Lacs Band Community,
Call the Ne-la-Shing Clinic at:
320-630-0855**

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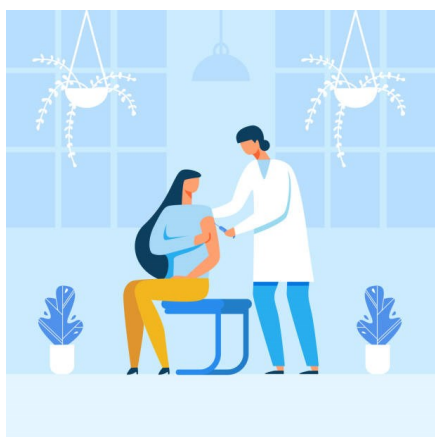
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Frequently Asked Questions About the COVID-19 Vaccine

Can the COVID-19 vaccine give you COVID-19?

No. THE COVID-19 vaccines currently being developed **don't use the live virus** that causes COVID-19.

Can I get a COVID-19 vaccine if I have a history of severe allergic reactions?

If you've had a **severe allergic reaction to other vaccines or injectable medications**, ask your doctor if you should get the COVID-19 vaccine. If you have a **severe allergic reaction after getting the first dose** of a COVID-19 vaccine, **don't get the second dose.**

Can pregnant or breastfeeding women get the COVID-19 vaccine?

There is **no research** on the safety of COVID-19 vaccines in pregnant or breastfeeding women. **Talk to your health care provider** about the risks and benefits.

Is there anyone who should not get a COVID-19 vaccine?

There is **no COVID-19 vaccine yet for children under age 16.** COVID-19 vaccination might not be recommended for people with **certain health conditions.** Ask your doctor if you have questions or concerns.

Can I stop taking safety precautions after getting the COVID-19 vaccine?

Keep in mind that **it will take a few weeks** for your body to **build immunity** after getting a COVID-19 vaccination. As a result it's possible that you could become infected with the virus that causes COVID-19 just before or after being vaccinated. Experts need to learn more about the **protection** that the vaccine provides before changing safety recommendations. Factors such as **how many people get vaccinated** and **how the virus is spreading** will also affect future recommendations.

Information on this page taken from the Mayo Clinic website at:
www.mayoclinic.org

Possible Side Effects of the COVID-19 Vaccine

The vaccine can cause **mild side effects** after the **first or second dose**, including:

- **Pain, redness or swelling** where the shot was given.
- **Fever.**
- **Fatigue.**
- **Headache.**
- **Muscle Pain.**
- **Chills.**
- **Joint pain.**

You'll likely be **monitored for a few minutes** after getting a COVID-19 vaccine to make sure you don't have an **immediate reaction.** Most side effects happen within the **first three days** after vaccination and typically **last only one to two days.**

January is National Thyroid Awareness Month



The thyroid is a **small, butterfly-shaped gland** located at the base of the neck. Although relatively small, **the thyroid plays a huge role in the body**, influencing the function of many important organs, including the heart, brain, liver, kidneys, and skin.

The hormones the thyroid produces **affect every cell in the body**. They help control your body temperature and help regulate the production of protein.

Did you know that:

- ◆ **Up to 20 million Americans** have some form of thyroid disease, and **up to 60 percent** of them don't know it.
- ◆ Women are **five to eight times more likely** than men to have thyroid problems.
- ◆ The causes of thyroid problems are **largely unknown**.
- ◆ Undiagnosed thyroid disease may put patients **at risk for serious conditions**, such as cardiovascular diseases, osteoporosis and infertility.

The good news about thyroid conditions is that they are treatable.

Make sure and **talk with your healthcare provider** about how to find out whether your thyroid is healthy and functioning properly.

Information on this page taken from the Indian Health Service website at: www.ihs.gov and the Prime Therapeutics website at: www.primetherapeutics.com

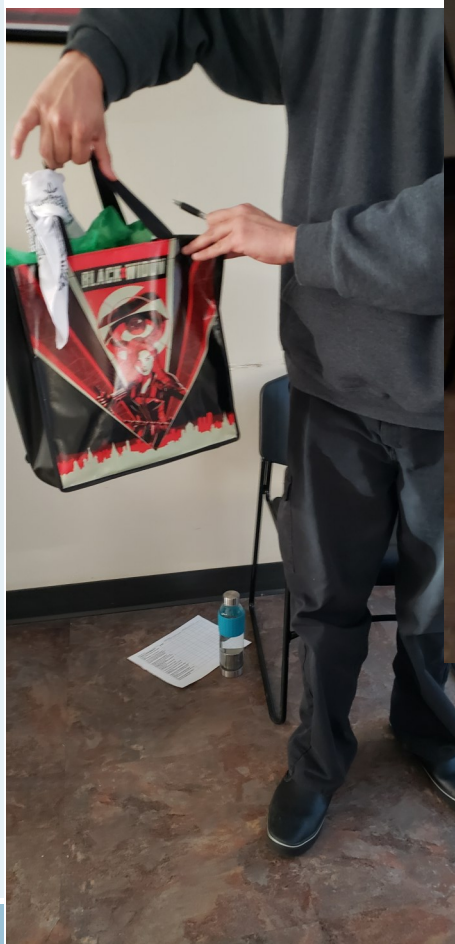
Healthy Alternatives To Soda

- **Iced Tea** — You can enjoy any type of tea that you prefer. Make your own iced tea to control the amount of sugar in the drink.
- **Sparkling Water with Fruit** — To get the fizziness of soda, try sparkling water. Bring in flavor by adding fruit.
- **Iced Coffee** — Coffee will give you a better caffeine boost than soda. Just don't add lots of sugar!
- **Sparkling Water with Juice** — No-sugar-added juice and sparkling water gives a stronger fruit flavor than fruit and water.
- **Homemade Smoothie** — Helps with soda cravings and when you make your own you control what's in it.

Four Winds Lodge Continues the “Drop the Pop” Competition!

Participants at Four Winds Lodge continue to replace sugary sweet beverages with water in their “Drop the Pop” competition! This is a follow-up to the pedometer challenge that staff and participants competed in over the summer months. Each week a winner is chosen who has replaced the most sugary sweet beverages with healthy water.

Prizes and water are provided by the Mille Lacs Band of Ojibwe Public Health Department SHIP grant. To date, over 26 cases of bottled water have been consumed at Four Winds Lodge!



Above, photos of two of the “Drop the Pop” competition winners holding their prizes. Photos courtesy of Lindsay Misquadace-Berg, Treatment Director, Four Winds Lodge.

Where Does Radon Come From?

Radon is a **radioactive gas** that comes from the natural decay of uranium found in most soils. Uranium breaks down to radium, and radium eventually decays into the gas radon.

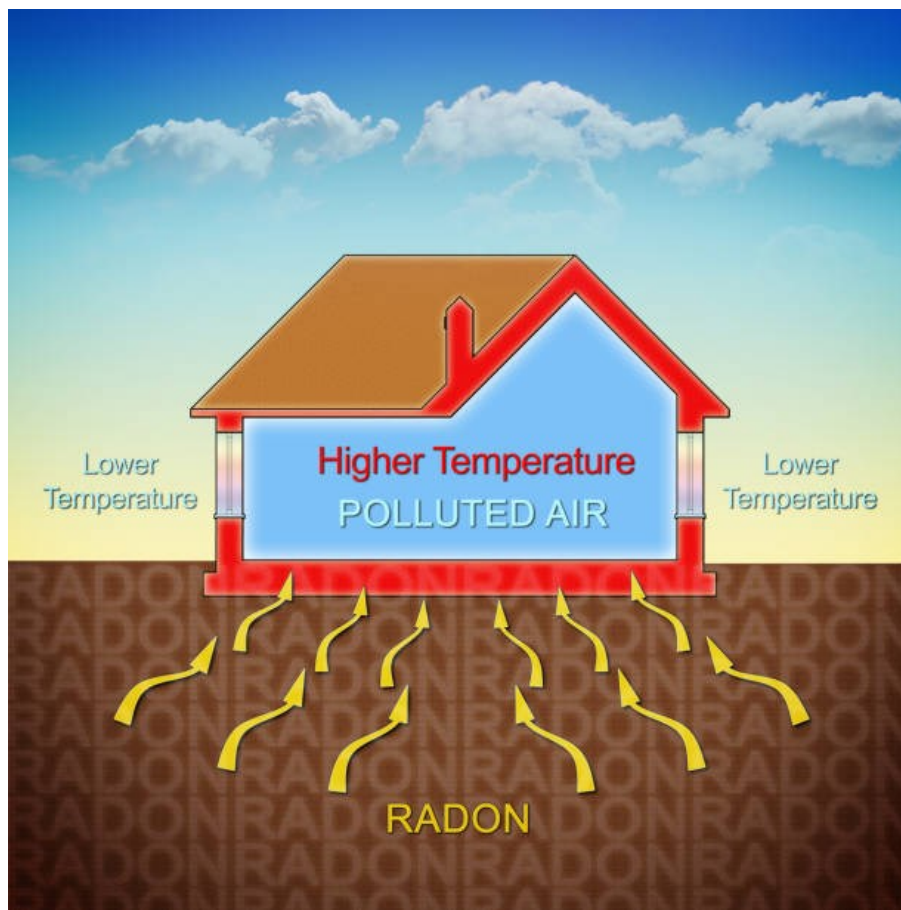
Because soil is porous, **radon moves up from the soil and into the home**. It can then accumulate in the air and become a health concern.

Radon gas decays into fine particles that are radioactive. When inhaled these fine particles can damage the lungs. **Exposure to radon over a long period of time can lead to lung cancer.**

For more information, go to the MDH website at:

www.health.state.mn.us

January is Radon Action Month



Radon is the **second-leading cause of lung cancer** in the United States, which results in 20,000 deaths annually. Risk for lung cancer is **especially high for smokers exposed to high radon levels**.

Radon is a serious public health concern in Minnesota. The average radon level in Minnesota is **more than three times higher than the U.S. radon level**. This is due to the geology and how our homes are operated. Because Minnesota homes are closed up or heated most of the year, there are higher levels of radon. In Minnesota, **more than two in five homes** have radon levels that pose a significant health risk.

Testing is the only way to know if you and your family are at risk. You can perform a test on your own or hire a radon test company. For homes or facilities found to have high radon levels, a qualified contractor should be consulted.

January

Celebrate January!

January 3 —
Fruitcake Toss Day

January 4 — National
Spaghetti Day

January 6 —
Cuddle Up Day

January 10—Peculiar
People Day

January 13—National
Take the Stairs Day

January 15 —
National Hat Day

January 17—Ditch
Your New Year's
Resolution Day

January 20 —
Penguin Awareness
Day

January 23 —
National Pie Day

January 25 —
Bubblewrap
Appreciation Day

January 28 —
National Kazoo Day

January 31 —
Backward Day

January Recipe: Healthy Banana Oatmeal Pancakes



**These fluffy
pancakes are
made right in
the
blender!**

**Makes 3 servings,
311 calories per
serving
(3 pancakes)**

Recipe from
Ambitious Kitchen
website at:
www.ambitiouskitchen.com

Ingredients:

2 medium ripe bananas
2 eggs
1/2 cup unsweetened almond milk
1 teaspoon vanilla extract
1 1/2 cups old fashioned rolled oats, gluten free if desired
2 teaspoons baking powder
1/2 teaspoon ground cinnamon
1/4 teaspoon salt
Olive oil for cooking

Directions:

Add all of the ingredients to a blender and blend on high until completely smooth, about 30 seconds to one minute. Let the batter sit in your blender while you heat up your pan. Lightly coat a griddle with oil and place over medium heat. Once pan is hot, add 1/3 cup of the batter to the griddle for each pancake. Cook for 2 -4 minutes until pancakes slightly puff up and you can see a few bubbles along the edges. Flip cakes and cook until golden brown on underside.* Wipe skillet clean and repeat with more oil and remaining batter.

* If you find that pancakes are browning too quickly then lower the heat. Start on medium heat and decrease to medium low so pancakes don't burn. If at any point your griddle starts smoking, your pan is too hot.

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What Is Glaucoma?

Glaucoma is a group of eye diseases that **gradually steal sight without warning**. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages.

Vision loss is caused by **damage to the optic nerve**. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain.

There is no cure for glaucoma — yet. Medication or surgery can slow or prevent further vision loss. The treatment depends upon the type of glaucoma, among other factors. In all cases, **early detection is vital** to stopping the progress of the disease.

Glaucoma is called **“the sneak thief of sight”** since there are often no symptoms and once vision is lost, it’s permanent. **As much as 40% of vision can be lost without a person noticing.**

Over 3 million Americans and over 60 million people world-wide have glaucoma. Experts estimate that **half of them don’t know they have it.**

High-risk groups for glaucoma include: people over 60, family members of people who have glaucoma, diabetics, people who are severely nearsighted and people of African, Asian, and Hispanic descent.

The **best way to protect your sight** from glaucoma is to get **regular, comprehensive eye exams.**

If you have glaucoma, don’t keep it a secret. Let your friends and family know. **It’s important to spread the word** about this eye disease and the need for ongoing eye examinations.

Information on this page is adapted from an article on the Glaucoma Research Foundation website at: www.glaucoma.org.