



Give Yourself a Boost for the Winter

During the winter months we tend to spend more time indoors with friends and family, especially during the holidays. But COVID-19 is still with us. And unfortunately, the risk of getting the virus is higher for everyone because the Delta variant can easily spread from one person to another. Omicron is another variant of concern recently detected in the United States.

To protect yourself and others, get your COVID-19 vaccine as soon as you can. If you're already fully vaccinated, get your booster shot as soon as you're eligible. Everyone ages 18 and older can now get a COVID-19 vaccine booster

- 6 months after your 2nd dose of the Pfizer or Moderna vaccine; or
- 2 months after your single dose of Johnson & Johnson's Janssen (J&J) vaccine.

The COVID-19 vaccines continue to work very well at preventing severe illness, hospitalization, and death, including from the Delta variant. A booster shot is an extra dose that helps maintain protection. Also, if you haven't had your flu shot yet, it is not too late. While flu viruses spread year-round, most flu activity typically peaks between December and February, and can last until May.

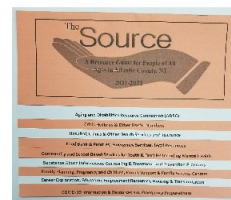
The Atlantic County Division of Public Health is offering the flu shot, and the Moderna and J&J vaccines. 1st, 2nd, 3rd and booster doses are available free for adults 18 years and older at our clinic at 201 South Shore Road in Northfield every Tuesday, Wednesday, and Thursday. Walk in 9am to 12 noon. No appointment is needed. Vaccines are also offered every Tuesday at 310 Bellevue Avenue in Hammonton. Walk In 10am to 1pm. No appointment necessary.

For a list of all services in Atlantic County check out *The Source* available in English and Spanish. You can find it at www.atlantic-county.org or scan the QR Code.

Contact Christine King
at 609-645-7700 ext. 4381
to request paper copy.

The Source

A RESOURCE GUIDE FOR PEOPLE
OF ALL AGES IN ATLANTIC COUNTY





This Is Their Shot

The U.S. Food and Drug Administration (FDA) authorized the use of the Pfizer COVID-19 vaccine for children ages 5 through 11 years old. COVID-19 vaccines are safe and effective. They have undergone – and will continue to undergo – intense safety monitoring.

Children 5 through 11 years old receive a lower dose than adults. Two doses three weeks apart are still required to be considered fully vaccinated. Children may have some side effects from

COVID-19 vaccination, which are normal signs that their body is building protection.

The Pfizer vaccine is over 90% effective. Getting your child vaccinated can help protect them from serious illness, as well as reduce disruptions to in-person learning and activities. Vaccination also helps reduce the spread of COVID-19 and offers another layer of protection to close family members and other contacts who may have a higher risk for severe complications from the virus.

If you have questions about COVID-19 vaccines in children, talk with your child's pediatrician or healthcare provider.



February is American Heart Month

The perfect time to make small changes that can lead to a lifetime of heart health.

Take the stairs instead of the elevator.

Choose low sodium foods and include plenty of fruits and vegetables to help prevent conditions that can damage the heart such as high blood pressure, high cholesterol, and diabetes.

For more information about heart health visit the American Heart Association at www.heart.org or the Center for Disease Control at CDC.gov

WINTER HOME SAFETY TIPS



- Clean out gutters, repair roof leaks
- Insulate water lines that run along exterior walls
- Install weather stripping, insulation, and storm windows
- Have your heating system serviced to make sure that it is clean, working properly, and ventilated to the outside
- Inspect and clean fireplaces and chimneys
- Check your smoke and carbon monoxide detectors

*Visit ReadyAtlantic.org
for more safety tips*