

# RESURRECTION TIDINGS

**JANUARY 2021**  
**SEWARD SENIOR CENTER**



## **From the desk of the Director**

It is a new year, but do not be mistaken that we are out of the clear and now Covid-19 free. The pandemic is still running rampant, and we ask you to do your part and mask up in public, distance yourself by 6 feet in public, stay in your chosen bubble and keep clear of large gatherings.

We have all experienced and made personal sacrifices in 2020 and in 2021 we should continue with ambition, curiosity and willingness to try on new activities, learn new skills and keep thriving throughout the remainder of the pandemic.

It is not the end of the world, but a new beginning on creative ways to meet new and old friends; catch up on some good reading (thank you Seward Library), volunteer at the Seward Animal Shelter and walk a dog.

Volunteer at the food bank; buy a friend a cup of coffee or a stranger for that matter (pay it forward). When something positive happens, it creates a positive ripple effect and unknowingly influences others to follow with kindness.

Instead of focusing on risks, focus on self-care, making sure that you and your family ask for help when needed and give help when requested.

Let us spend 2021 offering random acts of kindness, even to ourselves. We are not going back, but forward to a better, more enjoyable year ahead. May 2021 bring you a new sense of well-being and the ambition to make your world a healthier world.

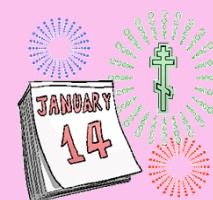
I am happy to be here with all of you to celebrate 2021!

**-Dana Paperman**



**Ring in the New year with a wonderful fireworks display, at the Seward Boat Harbor, Fireworks will be visible throughout the town. Say farewell to 2020 and going forward to 2021.**

**Please remember to practice safe measures of social distancing, wearing a mask and washing your hands. Celebrate responsibly to aid in a safe & healthy 2021.**



*Orthodox  
New Year*



## **Seward Senior Center Staff**

**Dana Paperman** - Executive Director  
Email: [ssc@seward.net](mailto:ssc@seward.net)  
**Carrie Given** - Administrative Assistant & Resurrection Tidings Editor  
Email: [seniors@seward.net](mailto:seniors@seward.net)  
**Robert Rich** - Chef  
**Kate Johnson** - Kitchen Assistant  
**Austin Ledford** -Transportation

### **Center Hours:**

Monday through Friday 9am - 4pm  
Phone 907-224-5604  
Address: 336 Third Avenue  
Mailing: P.O. Box 1195  
Seward, AK 99664

**Website:** [www.sewardsenior.org](http://www.sewardsenior.org)

**Facebook:** [www.facebook.com/sewardseniors](http://www.facebook.com/sewardseniors)

### **Board of Directors 2021**

**Mark Kansteiner, Chair**

**Nicole Lawrence, Vice Chair**      **Diane Hunt, Sec-Treasurer**

**Sharon Ganser**

**Sandie Roach**

**Mark Hendsbee**

**Frances Azzad-Smith**

**Sharon Dillon**

**Angie Duncan**

# Medicare

**We are your Medicare & Social Security Counselor!**  
Call the Senior Center to set up an appointment, for enrollment or review or if you have additional questions.

### **Permanent Fund Dividend Information**

**Filing open January 1<sup>st</sup> - March 31<sup>st</sup>, 2021**  
Applications are available at the center, call to set up an appointment to retrieve.  
Receive your dividend first, by applying online  
<https://pfd.alaska.gov/>

### **MISSION STATEMENT**

**To ensure honor, dignity, security and independence for the older Alaskan age 60+ through support services; to assist them in maintaining meaningful, quality lives.**



*In Loving Memory*



Mike O'Dell

Donald Sutherland

Your life was a blessing, your memory is a treasure.

# HAPPY BIRTHDAY

**Jon Andrews**  
**Michael Forbe**  
**Leon Anderson**  
**Charlene Almquist**  
**Sharyl Seese**  
**Eddie Guillemette**  
**Mike Mooter**  
**Daniel Unrein**  
**Vickie Milburn**  
**Walter Christolear**  
**Gracie Rockwood**  
**Carol Souza**

**Pamela Ulsher**  
**Juline Arestad**  
**Rita Ruby**  
**Maggie Baumunk**  
**Rita Selden**  
**Peggy Ferrall**  
**Elsie Parsons**  
**Rawlins Apperson**  
**Sandi Schiff**  
**Donna Kelley**  
**Carol Hatch**  
**Kaitie Lester**

**YOUNG AT HEART**  
Slightly older  
in other places.

www.cafepress.com/GeezerShop

### **January facts**

- ❖ *January is considered the second month of the winter season and coldest month in the Northern Hemisphere.*
- ❖ *January birthstone is garnet, which symbolizes peace, prosperity & health.*
- ❖ *January's birth flowers are carnation & snowdrop.*
- ❖ *January was named after the Roman god, Janus, he was known as the protector of gates and doorways, which symbolizes beginnings & ends.*
- ❖ *Janus is portrayed as having two faces, one looking into the past, the other into the future. This is fitting for us to ponder on, as we are reflecting on the past year and looking forward to the new year!*

# 5 AND DIME CLUB

*These contributors provide the Center with unrestricted funding to support and continue the Seward Senior Center Mission. Your tax-deductible donations ensure the success of all services that the Center provides for the local and visiting senior.*

## Thank you for your financial contributions:

Judy & James Burge	Nell Watsjold
Ludwig (Ludi) Everett	Jim & Kathy Fredrickson
Bill Hearn	Jim & Diane Hunt
Ben & Rosella Ikerd	Mary Lechner
Joe & Diane Owens	Claire Glotfelty
Lee Poleske	Mary & Sam Daniel
Glenn & Sandy Schiff	Jean Schwafel
Jack Sadusky	Ann Leisle
Jim & Christine Sheehan	Linda & Jonathan Sewall
Eric & Dixie Landenburger	Charles & Teri Arnold
Judy Christiansen	Sharon & Tom Irvin
Dorothy Urbach	

The 5 & Dime Club and the SSC Endowment Fund are easy ways to donate and receive the tax benefits.

See the back page of this newsletter for the clip-out statement available for your use.

## ENDOWMENT FUND

### SSC Goal: \$200,000

*Your thoughtful financial contributions are forever preserved, and the interest provides for the Center: building improvements, new program development and financial security for a healthy future in senior services.*

Thank you for investing!



### This Month's Donors:

**Dorothy Urbach**

**Chugach shares**

**\$ 167.500**

# Volunteer Corner

## COVID-19 SUPPORT

Dan Armstrong  
Hillary Bean  
Frank Biehman  
Duane Chase  
Karen Chase  
Terry Estes  
Kim Gaines  
Melody Hatch  
Arne Hatch  
Art LeMaster  
Mark Luttrell  
David Osborn  
Ginger Retzer  
Terry Rudd  
Carole Tallman  
Liz Leech  
Shannon Thorn  
Randy Nabb  
Denise Woodbury  
Nicole Lawrence  
Kelly Havtz  
Noel Wilson

## COVID-19 Emergency Home Delivery Financial Contributors

**Ben & Rosella Ikerd**

**Bill & Gayle McCormick**

**Nancy Richey**



# Current Covid-19 Vaccine information



## Who can get the vaccine now? at first, the vaccine will be available to people in these groups:

- Hospital-based front-line healthcare workers at highest risk for COVID-19 infection.
- Long-term care facility residents and staff (also includes Skilled Nursing Facilities, Assisted Living Homes; and Department of Corrections infirmaries, providing care that is similar to assisted living).
- EMS/ fire personnel providing emergency medical services
- Community Health Aide/Practitioners (CHA/Ps); and individuals who are required to perform vaccinations.

## Upcoming vaccine Phase 1a, Tier 3, starting on January 4, 2021

Will continue forward with workers in a variety of health care settings, who are licensed, certified and other workers in health care settings in the State of Alaska. The vaccine will be available to additional groups of people over time, and it will be available to all who want it over time.

## When will the vaccine be available to more people?

At first, vaccine supply will be limited and offered only to certain groups. Over time, vaccine will be available to all Alaskans.

The U.S. Food & Drug Administration (FDA) has authorized the Pfizer COVID-19 vaccine for emergency use in the United States. Supply is very limited currently. The first shipments of COVID-19 vaccines arrived in Alaska in mid-December.

## How much vaccine will Alaska initially receive?

According to current federal government estimates, Alaska's initial allocations of vaccines could include:

Pfizer: 35,100 doses

Moderna: 26,800 doses

These doses as stated on the website, intend to be the first two doses for 61, 900 people. These vaccines doses will be distributed statewide among public, private, and tribal health systems. Alaska's distribution process will not include military service members, they will be vaccinated separately through a federal allocation. Each person will be required two doses of either Pfizer or Moderna vaccine.

## Is a COVID-19 vaccine safe?

No steps are skipped during the clinical trial process for the COVID-19 vaccine. Safety checks are in progress and will continue, as long as the vaccine is available.

## Will the vaccine be effective?

A safe and effective COVID vaccine is an important tool for ending the global pandemic. Vaccines can protect individuals in different ways. Vaccines also protect the people around you – including Alaskan's healthcare workers and their patients.

## How much will the vaccine cost?

The Alaska COVID vaccine task force are working to ensure that the vaccines are available at no charge to the individual.

## Where will the vaccine be available?

When the vaccine is widely available, a link will be provided on this site to help Alaskans to locate nearby vaccine providers. For now, vaccine providers receiving vaccine shipments coordinate outreach to people in the groups it is available to.

For answers to questions about the COVID-19 vaccine planning, distribution or availability status, contact 907-646-3322

or email at [covid19vaccine@alaska.gov](mailto:covid19vaccine@alaska.gov), website: <http://dhss.alaska.gov/dph/Epi/id/Pages/COVID-19/vaccine.aspx>

# HAPPY NEW YEAR!

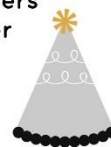


Countdown  
Confetti  
Midnight  
Balloons

Celebration  
Fireworks  
January  
Happy

New Year  
Clock  
Cheers  
Goals

Party Poppers  
Noisemaker  
Resolution  
Sparklers



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## New Year's Resolutions for Seniors in 2021

- Stay in touch with family and friends
- Engage in physical activity
- Keep mind sharp with memory exercises
- Keep on protecting yourself against Covid-19
- Eat healthy
- Learn a new hobby
- Pick up a new and exciting read

**SENIOR FOOD BOX**

If you are a CSFP Food box client and you pick up your box, you will pick up in front of the center, the 3<sup>rd</sup> Thursday of every month until further notice.

January 21<sup>st</sup>, 2021

If you are a CSFP Food box client and you get your meal delivered, your food box will also be delivered to your door, by volunteers on the 3<sup>rd</sup> Thursday of every month, until further notice.

January 21<sup>st</sup>, 2021

Thank them today!

**To be eligible:**

Are you 60 years or older?

Income eligibility are as follows:

Annual \$20, 735, Monthly \$1,728

Annual \$23,015, Monthly \$2,335

Call the center if you are eligible, to sign up!



**Adrienne's Seward Courier Service**  
**Free shopping & delivery service**  
**For Seniors**

Call 907-599-0446

Open M – F from 9 to 4 pm

➤ (Other times are available)

➤ Vouchers are enclosed in the Newsletter.



**FREE Community Breakfast**  
at the American Legion  
starting at 9am on  
January 17<sup>th</sup>, 2021 for  
dine-in and curbside  
pickup!



**Free will donation meals available on  
Monday, Wednesday, Thursday, call the  
center to sign up at 224-5604**

**Seward Food Bank**  
Thursday's 3:00 pm – 6:00 pm  
Behind the new library  
(alley entrance)  
5<sup>th</sup> & Adams St.



Are you in need of free  
laundry or shower  
tokens?  
Available at the center.



Provided by Homeless  
Connection

**Senior only shopping**  
Safeway:  
7 am -9am  
Seward Marketplace  
7am – 9am

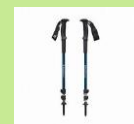
Free hand  
sanitizer  
available  
at the  
center.



Free  
Face  
Masks  
available  
at the  
center.



Are you in need of a free  
collapsible walking poles?  
Available at the center.



Looking for winter  
gifting ideas?



Make an appointment to  
view the center's gift  
boutique.

Need a passport photo?  
\$25 (2 copies)  
Call the center to make  
an appointment



## NEIGHBORS HELPING NEIGHBORS

Is a community of volunteers that assist Seniors, in a variety of resources and skills who need aid?

If you need help with anything or would like to volunteer yourself. Email at [Sewardpreventioncoalition@gmail.com](mailto:Sewardpreventioncoalition@gmail.com)

907-362-2466

<https://airtable.com/shrWtedHqbcpsLn5z>

[www.sewardpreventioncoalition.org](http://www.sewardpreventioncoalition.org)



New to Medicare? Or have you had Medicare for a while? Do not forget to schedule your Medicare Annual Wellness visit. Also available are senior benefits and heating assistance applications. Call Frances to make an appointment.

**Frances Azzad-Smith**  
Outreach & Enrollment Coordinator  
Seward Community Health Center  
PO Box 2895 / 417 First Ave  
Seward, AK 99664  
Main: (907) 224-CARE (2273)  
Fax: (907) 224-8501

Purchase your  
**half-priced  
taxi vouchers**  
@ Independent Living Center.

Call at 224-8711 to purchase, information will be given of how to retrieve vouchers once purchased.

An advocate is available from  
M-Th 9-3 pm  
Fri 9 to noon.

ILC is closed to the public at this time.



**Aging & Disability Resource Center**  
1-855-565-2017

Connecting Seniors with long term services & supports that fit their circumstances. Including transportation, in home care, assistive technology.



### Writer's Workshop

with Sean Ulman, author of the brand-new novel Seward Soundboard, every Tuesday, 11 to noon  
Free, virtual, round table discussion on writing techniques and sharing creative work.  
all levels of writers welcome and encouraged!



### Alzheimer's Resource Agency of AK

Our mission is to "Support Alaskans affected by Alzheimer's disease, related dementias and other disabilities to ensure quality of life."

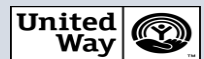
1-800-478-1080

<https://www.alzaska.org>



### Alaska 211

Get connected  
Get answers  
Dial 2-1-1 or 1-800-478-2221



### Prism Optical

We are in Seward  
Need eyeglasses?  
907-444-4182

### Provides legal assistance to Seniors

Power of attorney, health care directive & will applications are available at the Senior Center.

1-888-478-2572



### Seward Area Hospice

Call 224-3051  
For Compassionate Support.



### Seaview is here to help.

Call 224-5257  
(business hours 8am-5pm)  
or 223-3027  
(for 24/7 support)



### Sponsored Grandparent

Seward's Youth Leadership Council is creating gift boxes once a month January through April to give to a sponsored Grandparent. Would you like to be a sponsored Grandparent or like more information? Call Sports & Recreation Coordinator Jenny Rutledge At 907-224-4054 to get signed up and receive a box.




**GUARDIAN**  
FLIGHT AK  
Emergency Medical  
Flight Insurance  
888-997-3822  
[www.guardianflight.com](http://www.guardianflight.com)

### Life Alert

**Need Medical alert?**  
Senior Safety  
1-888-473-2800  
Medical Guardian  
1-855-281-7619



# JANUARY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1 Closed</b> Grilled ham steak w/ sweet potato  
<b>4</b> Grilled roast beef & cheese sandwich  Sail class 9:30-10:30	<b>5</b> Chicken enchilada  Zoom 101 1pm  Sail class 9:30 - 10:30	<b>6</b> Seafood Gumbo  Sail class 9:30- 10:30	<b>7</b> Salisbury steak w/ mashed potato  Sail class 9:30 - 10:30	<b>8</b> Ham & bacon w/ mac & cheese  Sail class 9:30 -10:30
<b>11</b> Chicken stir-fry  Sail class 9:30-10:30	<b>12</b> Pork & beans  Zoom 101 1pm  Sail class 9:30 -10:30	<b>13</b> Grilled turkey sandwich w/ tater tots & Shepard's pie  Sail class 9:30 - 10:30	<b>14</b> Seafood alfredo w/ shells  Board Meeting 1-2pm  CSFP curbside p/u: 12-1pm  CSFP delivery. 11:30-12:30pm  Sail class 9:30 - 10:30	<b>15</b> Beef Stew  Sail class 9:30 -10:30
<b>18 Closed</b>  	<b>19</b> Zoom 101 1pm  Sail class 9:30 -10:30	<b>20</b> Tuna melt & Baked penne w/ Italian sausage  Sail class 9:30 -10:30	<b>21</b> Roasted pork loin w/ mashed potato  Sail class 9:30 - 10:30	<b>22</b> Tofu w/ vegetable curry  Sail class 9:30 - 10:30
<b>25</b> BBQ chicken breast w/ oven roasted potatoes  Sail class 9:30 -10:30	<b>26</b> Cheese & bean enchilada  Zoom 101 1pm  Sail class 9:30 -10:30	<b>27</b> Cheeseburger  Sail class 9:30 - 10:30	<b>28</b> Baked cod w/ red pepper sauce & rice  Sail class 9:30 - 10:30	<b>29</b> Chicken & sausage jambalaya  Sail class 9:30 - 10:30



# HEALTH & FITNESS

## VIRTUAL VITAL & CREATIVE: ARTISTIC MOVEMENT FOR AGES 55+

Thursday's, January 7 & 21<sup>st</sup>, 2020

10:30 am to 12pm

7-week course via zoom, that guides participants through gentle movement exercises & pushes to make personal movement choices.

Co-taught by experienced dance educator Alice Bassler Sullivan, & museum staff, are designed for all levels, no dance or movement experience needed.

Registration required, materials included and will be mailed to you. Register online at <https://www.anchoragemuseum.org/visit/calendar/details/?id=64036>

Questions, email [mudevitz@anchagemuseum.org](mailto:mudevitz@anchagemuseum.org)

## STAY ACTIVE & INDEPENDENT FOR LIFE Strength, balance, and fitness class for adults 60+

Taught by Rachel Dow  
via zoom

Classes start February 1<sup>st</sup>, 2021

Class 1: M, W, F 9:30 - 10:30

Class 2: Tues & Th 9:30 – 10:30

Call the center to sign up for the six-week session. Students will be required to have rubber tubing, hand weights, and tablet to access zoom for class instruction. Students will also need to sign a medical waiver/health questionnaire.



## Tai Chi for Arthritis

### Train the trainer workshop

- New instructor and recertification
- Via zoom

Taught by Master Trainer Linda Ebeling & Senior Instructor Sarah Meitl

Tai Chi for Arthritis, part two on  
February 27<sup>th</sup>, 2021

Tai Chi for Arthritis, seated on  
February 28<sup>th</sup>, 2021

Contact the center if you would like to register for the upcoming class.

*The Train the Trainer workshop is sponsored by State of Alaska, Division of Health and Social Services, in partnership with the Seward Senior Center.*



## Zoom 101

Sign up for class on Tuesday's  
at 1pm on January  
5, 12, 19, 26<sup>th</sup>, 2021.

Call the center to sign up!

## Celebration Senior Magazine Live zoom events for January 2021

- Go to [celebrationmagazine.com](http://celebrationmagazine.com) to sign up for zoom events.

**How does aging in the right place look like?** – Will look at aging in the right place, also discuss the benefits & risks of staying put & talk about modifications that may need to be made.

January 5<sup>th</sup>, 2021 @ 10am.

**Zoom bingo!** – Register to play & you will be emailed your own digital bingo card.

January 6<sup>th</sup>, & 20<sup>th</sup>, 2021 at 10am.

**A Very Rumbley Broadway Show** – Broadway past & present presented by Rosemary Rumbley & Jill Rumbley Beam.

January 7<sup>th</sup>, 2021 at 10am.

**Exercise with Kim** – via zoom.

January 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>, at 6:45 am.

**Protect yourself from Financial scams** – Learn what financial scams are out there & how you can protect yourself & your finances.

January 12<sup>th</sup>, 2021 at 10am.

**How to pay for long-term care, without going broke** – During this workshop, you will learn how to pay for long-term care, as well as how to protect your assets & property.

January 26<sup>th</sup>, 2021 at 10am.

Shopping Vouchers for January 2021

Valid for **ONE FREE SHOPPING AND DELIVERY SERVICE** for Seniors

**Adrienne's Seward Courier Service at 907-599-0446**

CASH ONLY for grocery purchase

Voucher must be given to Adrienne for eligibility.

*NO CASH VALUE/NO VOUCHER REPLACEMENTS*

**VALID January 1<sup>st</sup> – January 31<sup>st</sup>, 2021**

Sponsored by the Seward Senior Center and the Seward Prevention Coalition



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## **HOW TO AVOID BEING A VICTIM OF CONSUMER FRAUD**

Never give your credit card, social security number, or any other financial information, out over the telephone. Also, not by mail or by email address, unless you have initiated the contact and know who you are dealing with.

Here are some “red flags” that should warn you that a letter, phone call, or email you receive may be a scam:

- High pressure tactics. Beware of phrases like: "You will lose out if you don't act now" or "Don't discuss your sweepstakes winnings with anyone until you get your check."
- Upfront payment. If you are told you must pay up front to receive your prize or winnings, it is likely to be a scam. If you have won something, it is yours and you should not have to pay anything in advance, including taxes or shipping and handling.
- Refusal to provide written information. If the person or company contacts you but refuses to give information in writing, do not do business with them.
- Unrealistic profits. Be skeptical if you are told that you can make lots of money quickly with no risk, or with no experience or training.

If you receive a telephone call that includes any of these red flags, just hang up. You do not have to listen, remember that telemarketing fraud is a crime and the people who practice it are criminals.

### **ID THEFT & PRIVACY**

- Be aware of your personal information, and do not share it with anyone you do not know and trust. Be particularly careful with your social security number. Do not carry it around in your wallet or purse and keep it safe and locked up at home.
- Shred junk mail and other documents that contain personal information.
- Conceal your PIN from view when you use a credit or debit card at the cash machine or grocery store.
- Never respond to spam e-mail that asks for your personal information, account, or pin numbers. Many e-mails, called "phishing" e-mails, purport to be from your bank, credit union, or another financial institution or business and ask you to "verify" your account information. These are all scams.
- Never give any personal information to someone who calls you on the phone. These scams, called "pretexting," involve a scam artist who calls you and pretends to be from your credit card company, phone company, the police, the IRS, the jury clerk's office, or another business and they claim to need your personal information for a variety of reasons - all of which are fake. No legitimate business or government office will ask you for personal information over the phone.
- Do not use obvious passwords - like your birthday, or the last four digits of your social security number.

### **CHARITIES & PAID SOLICITORS**

#### **Questions to ask before you give:**

**Who wants your money?** If you are unfamiliar with the charity, get its full name, address, and telephone number. Many organizations have names that are very similar to well-known charities. Ask whether the organization is listed as a tax-exempt public charity by the IRS and if your donation will be tax deductible.

Ask whether the person soliciting the money is a paid solicitor. Under Alaska law, a paid solicitor is required to disclose that they are paid to make the call and who they work for before asking for a donation.

#### **Tips for Avoiding Scams:**

- Request identification from the solicitor first. You should always ask fundraisers to identify themselves and name the charity for which they are soliciting. If a solicitor comes to your door, ask for identification.
- Take the time to research the charity to make sure it is legitimate.
- Do not send cash, pay cash, or give credit card number to anyone over the phone. Even if it is a legitimate charity, pay by credit card. Always make the payment directly to the charity, never to the individual soliciting.

More information can be found on their website at <http://www.law.alaska.gov/department/civil/consumer/cpalerts.html>

Seward Senior  
Citizens, Inc.  
PO Box 1195  
336 Third Avenue  
Seward, AK 99664

**NONPROFIT ORG  
US POSTAGE PAID  
SEWARD, AK 99664  
PERMIT #95**

Address Service Requested



**Veteran's Crisis Line:**  
1-800-273-8255 (24/7) (Press 1)  
**Veteran's Patient Safety**  
**Hotline:**  
907-257-6701  
[www.va.gov](http://www.va.gov)

Seward Senior Citizens Inc. is 80% funded by grants from the City of Seward, Older Americans Act/State of Alaska, & Kenai Peninsula Borough, 20% comes from financial supporters like you. ☺  
*Serving Seward seniors since 1978*

**SSC Endowment:** We are at a point of no return, and with your financial support dedicated to the endowment fund. This agency holds the capacity to continue serving our senior community nutritional services, especially during this time of the Covid19 pandemic.

**Please Donate Today!**

**SSC Endowment Fund \$** \_\_\_\_\_

**Senior Nutrition Program \$** \_\_\_\_\_

**Five & Dime Club (unrestricted) \$** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

Mail to SSC, PO Box 1195 Seward, AK 99664  
**Thank you in advance for your financial support and volunteerism!**

Pick.  
Click.  
Give.

Donate a portion of your Permanent Fund Dividend to Seward Senior Center when you file in 2021.

**Not feeling well?  
You may need to be tested for COVID-19**

**Please call your provider if you have new onset of:**

**ANY ONE OF THE FOLLOWING:**

- . Cough
- . Shortness of breath
- . Difficulty breathing

→ **OR** ←

**TWO OR MORE OF THE FOLLOWING:**

- . Chills
- . Diminished sense of taste or smell
- . Diarrhea
- . Fatigue
- . Fever
- . Headache
- . Muscle/joint aches
- . Nausea
- . Rigors
- . Runny nose
- . Sore throat
- . Sputum (phlegm)

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