

The Holiday Season is Right Around the Corner

IMPORTANT:

You are receiving this newsletter because we **DO NOT** have your email address.

To get future information quickly, email us at info@accesstocare.org & include your name and member ID.

Access to Care is administered by the Suburban Primary Health Care Council, a private, not-for-profit organization. Funding is received from Cook County Health, townships, municipalities, grants, private foundations and corporations, service organizations and individuals.

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“Last year, many people held off getting together with family and friends during the holiday season due to the pandemic.

This year, we have a **safe and effective vaccine** to help protect against severe illness due to COVID-19 that will allow friends and families to more safely celebrate together.

Getting vaccinated is the best way to protect yourself, your friends and family, and your community, but there are other actions you can take to celebrate more safely.”

– Dr. Ngozi Ezike, Illinois Department of Public Health Director

For the holidays and end of 2021 parties, consider:

- ❖ Keeping indoor gatherings small
- ❖ Arranging seating and other areas to allow for physical distance
- ❖ Increasing air flow by opening windows and/or doors
- ❖ Avoid people congregating, such as in the kitchen or at the buffet
- ❖ Cleaning and sanitizing the kitchen, bathrooms, and other areas used by guests

People who are sick with fever, cough, or other symptoms of COVID-19, or have been exposed to someone with COVID-19, **should not travel or gather** for holiday events.

More information on COVID-19 Holiday Season Safety:

dph.illinois.gov/covid19/community-guidance/holiday-season-safety.html

From our house to yours ...

Sweet Roasted Sweet Potatoes

Ingredients (4 servings)

- 4 sweet potatoes, peeled and cut into 1-inch cubes
- 1/4 cup olive oil, plus more for drizzling
- 1/4 cup honey (or maple syrup)
- 2 teaspoons cinnamon
- Salt and pepper

Directions

1. Preheat oven to 375 degrees F.
2. Lay the sweet potatoes out in a single layer on a roasting tray. Drizzle oil, honey, cinnamon, salt and pepper over potatoes. Roast for 25-30 minutes or until tender.
3. Take sweet potatoes out of the oven and put them on a serving platter. Drizzle with more olive oil.

Do you have a holiday recipe you'd like to share?

Email it to us at: info@accesstocare.org

We will collect the recipes and email the list to our members who are interested.

What is a COVID-19 Vaccine Booster Shot?

It is an additional dose of a vaccine given after the protection provided by the original shot(s) has begun to decrease over time. The booster is designed to help people maintain their level of immunity longer, giving you more protection against the COVID-19 virus. Source: hopkinsmedicine.org

Should I get COVID-19 Vaccine Booster Shot?

In October, the Centers for Disease Control and Prevention (CDC) recommended a booster shot of COVID-19 vaccines in certain populations. Here's what you need to know:

IF YOU RECEIVED

Pfizer or Moderna Vaccine...

You are eligible for a booster if you are:

- 65 years or older
- Age 18+ who live in long-term care settings
- Age 18+ who have underlying medical conditions
- Age 18+ who work or live in high-risk settings

When to get a booster:

At least 6 months after your second shot

Which booster should you get?

Any COVID-19 vaccine authorized in the United States*

*You may choose which COVID-19 vaccine you receive as a booster shot. The CDC now allows for this type of mix and match dosing for booster shots.

IF YOU RECEIVED

Johnson & Johnson Vaccine...

You are eligible for a booster if you are:

- 18 years or older

When to get a booster:

At least 2 months after your shot

Which booster should you get?

Any COVID-19 vaccine authorized in the United States*

*You may choose which COVID-19 vaccine you receive as a booster shot. The CDC now allows for this type of mix and match dosing for booster shots.

The COVID-19 vaccine is **FREE** to all people living in the United States, regardless of their immigration or health insurance status.



We know this can be confusing! **Call your Access to Care doctor if you have questions about whether you should get a booster shot.** You can also call our Resource Desk at 708-531-0680 and we can help.

If you are looking for a particular shot (for example, if you want to get a Moderna booster shot) and want to go to a pharmacy (like Walgreens), call that location ahead of time to see which types of shots are available.

Most Children and All Teens Can Get COVID-19 Vaccines

Widespread vaccination for COVID-19 is the best way to protect everyone! **Children ages 5 years and older can now get a Pfizer-BioNTech COVID-19 vaccine.** CDC recommends **everyone ages 5 and older get a COVID-19 vaccine.**

Authorized For	Pfizer-BioNTech	Moderna	J&J / Janssen
4 years and under	No	No	No
5-11 years old	Yes	No	No
12-17 years old	Yes	No	No
18 years and older	Yes	Yes	Yes

Source: www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/children-teens.html

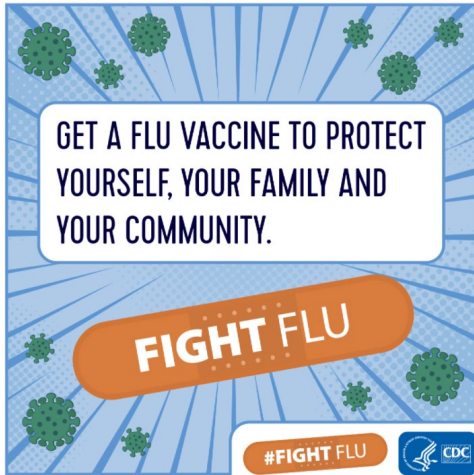
Question: Where can I get a vaccine? A booster shot? A vaccine for my child?

Answer: There are lots of options! All are FREE.

- There are many COVID-19 vaccination locations in Cook County, including Walgreens, CVS, Jewel-Osco and Meijer. Most require or recommend an appointment. CALL first to find out what's available to you/your child.
- For a list of vaccination locations in suburban Cook County, including community events near you where vaccines will be given: cookcountypublichealth.org/partner-vaccination-and-testing-sites/
- Most Cook County Health sites don't require an appointment, but you can still make one if you'd like: go to vaccine.cookcountyil.gov or call 1-833-308-1988 (Monday-Friday, 8am-8pm). For all Cook County Health locations: myshotcookcounty.com/locations/
- To find a COVID-19 vaccine anywhere in the US, go to: vaccines.gov/search; text your zip code to 438829; or call 1-800-232-0233.
- Call our Access to Care office at 708-531-0680 (Monday-Friday, 9am-5pm) and we can assist you.



**Tis the Season...
for a Flu Shot!**



Flu shots are covered by Access to Care at ZERO cost. You must get the flu shot from a local pharmacy, like Walgreens. Don't forget your ATC identification card. The flu shot is not free if you get it at a doctor's office.

**The Holidays can be difficult for some of us.
Help is available to you!**

YOU KNOW THAT ACCESS TO CARE OFFERS:

- Visits with a doctor for \$5
- Labs test and x-rays for \$5

BUT DID YOU KNOW ...

Access to Care members can receive up to 8 counseling sessions for just \$5 per session?

Take a breath. If you are feeling overwhelmed, counseling is available. Call us 708-531-0680 or email us at info@accesstocare.org and we can connect you with a counselor.



On November 30th, Access to Care is proud to participate in #GivingTuesday. GivingTuesday is an opportunity for people around the world to come together to thank, help, give, show kindness, and share what they have with those in need.

While 2020 was when COVID first started to impact all our lives, we know that negative effects have continued in 2021. This year, Access to Care has prioritized the needs not only of our members, but all the communities we serve through our partnerships and efforts.

Please consider a donation so that we can continue to give the gift of health now and in 2022. accesstocare.org/donate Thank you.

"When we give cheerfully and accept gratefully, everyone is blessed."

- Maya Angelou