

Good Morning all some information from the Post Surgeon  
I hope this finds you all as well as can be.

I would like to try and help with some of the confusion over the recent controversy with COVID-19 especially with the Omicron variant.

As all of you know this has sprung a new outbreak of the disease with a huge increase in illness, hospital admissions, especially children in the United States. The CDC has reduced the number of Quarantine days to 5 if you had no symptoms

**This is what we know so far**

1. People are still dying of this disease. With an increase in illness in young adults and children. Reliable research has shown the UNVACCINATED are approx. 92% of all cases.
2. Research also shows that even vaccinated you can still catch Covid-19 but at a far lower rate then unvaccinated and with less severe symptoms so that is why masks should still be worn inside/outside around people.
3. Research has shown that wearing masks helps prevent the spread of the disease.
4. Research has also shown that staying away from people ill or not helps reduce infection rates.

**So good advise is:**

- a. Get Vaccinated for Covid -19 to include boosters
- b. Wear a masked around anyone not in your household (people you live with) and where you are out of your house.
- c. Don't allow sick people to come visit you. That visitor with the cold may have more then a cold.
- d. Get your flu shot also
- e. Get Tested for Covid if your get sick.

**Info for Covid Vaccines**

**Veterans Administration:** [www.va/health-care-vaccine/](http://www.va/health-care-vaccine/)

**Southern Nevada Health district:** [Southern Nevada Health District.org](http://SouthernNevadaHealthDistrict.org)

**All VA clinic are giving out Flu shots 0900-16600 daily Please call first.**

**For Covid shots call clinics for appts.**

**Covid shot at main hospital Call:702 791-9024 Option 2, Option 2**

**The VA also will immunize your spouse and caregivers for free**

**Please contact me for questions 717-448-6821 and I will do my best to get back to you.**

**Happy New Year**

**Respectfully Lawrence Sullivan RN, BSN-BC Maj. USAF Ret. VFW Post 12093**