

St. Benedict the Moor Catholic Church Health Ministry



"Behold, I will bring to them health and healing, and I will heal them; and I will reveal to them an abundance of peace and truth."

Jeremiah 33:6

CDC Guideline Update

What's Changed

If you have been fully vaccinated:

- You can gather indoors with fully vaccinated people without wearing a mask.
- You can gather indoors with unvaccinated people from one other household (for example, visiting with relatives who all live together) without masks, unless any of those people or anyone they live with has an [increased risk for severe illness from COVID-19](#).
- If you've been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms.
 - However, if you live in a group setting (like a correctional or detention facility or group home) and are around someone who has COVID-19, you should still stay away from others for 14 days and get tested, even if you do not have symptoms.

What Hasn't Changed

For now if you've been fully vaccinated:

- You should still take steps to [protect yourself and others](#) in many situations, like wearing a mask, staying at least 6 feet apart from others, and avoiding crowds and poorly ventilated spaces. Take these precautions whenever you are:
 - In public
 - Gathering with unvaccinated people from more than one other household
 - Visiting with an unvaccinated person who is at [increased risk of severe illness or death from COVID-19](#) or who lives with a person at increased risk
- You should still avoid medium or large-sized gatherings.

- You should still delay domestic and international travel. If you do travel, you'll still need to follow CDC [requirements and recommendations](#).
- You should still watch out for [symptoms of COVID-19](#), especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others.
- You will still need to follow guidance at your workplace.

Health Awareness For March

Multiple Sclerosis Awareness Month

What is multiple sclerosis (MS)? Multiple sclerosis (MS) is a chronic illness involving your central nervous system (CNS). The immune system attacks myelin, which is the protective layer around nerve fibers.

This causes inflammation and scar tissue, or lesions. This can make it hard for your brain to send signals to the rest of your body.

How is MS diagnosed? Your doctor will need to perform a neurological exam, request a clinical history, and order a series of other tests to determine if you have MS.

National Kidney Month

If you have a family history of diabetes you might be at a higher risk for developing kidney disease. March is National Kidney Month.

Take the Kidney Risk Quiz to find out if you're at risk.

1. Have you been told you have diabetes?
2. Have you been told that you have high blood pressure, or do you take medicine for your blood pressure?
3. Have you been told that you have heart disease or heart failure?
4. Do you have a family member who is on dialysis or been diagnosed with kidney failure?

You answered yes to these 4 most common risk factors for chronic kidney. See a healthcare professional and get tested for kidney disease.

The Health Ministry is here to provide general health and wellness information to educate the parish community. The Health Ministry does not take the place of your existing primary care physician.