



# 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 You Should Keep Doing

For now, if you've been fully vaccinated:

- You should still protect yourself and others in many situations by wearing a mask that fits snugly against the sides of your face and doesn't have gaps. Take this precaution whenever you are:
  - In indoor public settings
  - Gathering indoors with unvaccinated people (including children) from more than one other household
  - Visiting indoors 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 indoor large gatherings.
- If you travel, you should still take steps to protect yourself and others. You will still be required to wear a mask on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States, and in U.S. transportation hubs such as airports and stations. Fully vaccinated international travelers arriving in the United States are still required to get tested within 3 days of their flight (or show documentation of recovery from COVID-19 in the past 3 months) and should still get tested 3-5 days after their trip.
- 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.
- People who have a condition or are taking medications that weaken the immune system, should talk to their healthcare provider to discuss their activities. They may need to keep taking all precautions to prevent COVID-19.

## **When You've Been Fully Vaccinated**

If you are fully vaccinated, you can resume activities that you did before the pandemic without wearing a mask or physically distancing, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations. That includes local business and workplace guidance. You will still be required to wear a mask on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States, and in U.S. transportation hubs such as airports and stations.

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.



## **Health Awareness for May**

### **Arthritis Awareness Month**

Arthritis is one of the most widespread health conditions in the United States. It affects about one in four adults overall. That's over 54 million men and women. To recognize this toll on Americans' health, CDC, the Arthritis Foundation and other partners observe Arthritis Awareness Month in May.

Arthritis affects working-age adults, older adults, and even children. Arthritis limitations can include difficulties with moving and performing daily tasks, as well as social and work limitations.

#### **Get Moving**

No matter if you live in a rural area, suburb, or urban neighborhood, walking has been shown to improve arthritis pain, fatigue, function, and quality of life. There is no better time to begin a walking program or recommit yourself to a walking routine than during Arthritis Awareness Month.

Walking is a great way for people with arthritis to be physically active. Walking is recommended—All adults, including adults with arthritis, should get 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) per week and do muscle-strengthening activities two or more days a week according to recommendations from the Physical Activity Guidelines

## **World No Tobacco Day- May 31, 2021**

### **What Is Heart Disease and Stroke?**

Heart disease and stroke are cardiovascular (heart and blood vessel) diseases (CVDs).

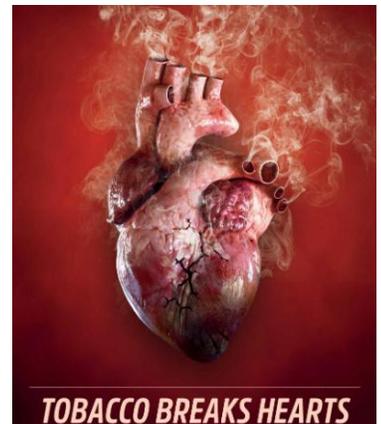
Heart disease includes several types of heart conditions. The most common type in the United States is coronary heart disease (also known as coronary artery disease), which is narrowing of the blood vessels that carry blood to the heart. This can cause:

- Chest pain
- Heart attack (when blood flow to the heart becomes blocked and a section of the heart muscle is damaged or dies)
- Heart failure (when the heart cannot pump enough blood and oxygen to support other organs)
- Arrhythmia (when the heart beats too fast, too slow, or irregularly)

### **How Is Smoking Related to Heart Disease?**

Smoking is a major cause of CVD and causes one of every four deaths from CVD. Smoking can:

- Raise triglycerides (a type of fat in your blood)
- Lower “good” cholesterol (HDL)
- Make blood sticky and more likely to clot, which can block blood flow to the heart and brain.
- Damage cells that line the blood vessels
- Increase the buildup of plaque (fat, cholesterol, calcium, and other substances) in blood vessels.
- Cause thickening and narrowing of blood vessels.



**Other Health Observances**  
**for the Month of May**

Mental Health Month -



National Asthma & Allergy Awareness Month



National Teen Pregnancy Prevention Month



Skin Cancer Prevention Month



### **National Senior Health & Fitness Day; May 21**

Seniors benefit in numerous ways from physical activity. Exercises can be done at home, a community pool or a local center. And seniors aren't limited to just one type of exercise either. There are many to choose from. And many activities can be modified to fit any limitations. Yoga, walking and swimming are all low impact routines that offer a range of benefits late in life and for all abilities.

### **Don't Fry Day; May 28**

Each year on the Friday before Memorial Day, National Don't Fry Day aims to raise awareness of all the risks of overexposure to the sun. It is important for everyone to remember to use sun protection and sun safety practices.

### **World No Tobacco Day; May 31**

According to World Health Organization, tobacco use kills more than 8 million people around the world each year, a number that is predicted to grow. In the United States, tobacco use is the largest preventable cause of death and disease. It causes many types of cancer, as well as heart disease, stroke, lung disease, and other health problems.



*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.*