

3RD QUARTER 2021

Live Well, Work Well



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2021 Look Like At
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In The News

Catch up on the latest developments of the biggest health care news that happened in the past three months.



What Does Summer 2021 Look Like At This Point in the Pandemic?

After months of rising deaths and infections, COVID-19 cases across the country are now declining quicker than health experts predicted. Furthermore, the COVID-19 vaccine rollout has given Americans hope for a somewhat normal summer. More than half of the adult population is fully vaccinated and likely looking forward to enjoying the warm weather with family and friends.

President Joe Biden announced efforts to get a first dose of the COVID-19 vaccine to 70% of the American adult population by July 4. The United States is also working to understand and address a variety of reasons that are stopping people from getting vaccinated.

As of June 13, 64.4% of Americans 18 years and older had received their first dose of the vaccine and 54.1% were fully vaccinated, according to [data](#) from the Centers for Disease Control and Prevention (CDC). Also, children ages 12 to 18 continue to get vaccinated as vaccines are approved for expansion to younger age groups. Fully vaccinated individuals have been given the go-ahead to resume many activities that have

been on hold since the beginning of the pandemic. As we learn more about vaccines in real-world situations, the CDC continues to update its guidance for [vaccinated](#) and [unvaccinated](#) individuals.

What to Expect

Although these numbers seem promising, normalcy also has a downside. Health experts predict that as people take off their masks, are no longer socially distancing and likely not frequently washing their hands, people will get sick again with commonplace colds and respiratory viruses. According to the CDC, tests for the common respiratory virus respiratory syncytial virus (RSV) are now approaching 20% positive, after hovering below 5% for the past year. Additionally, some cold viruses last longer than COVID-19 on surfaces. That's important to keep in mind as people may not be disinfecting surfaces and commonly touched objects as much as they were early on in the pandemic.

Health experts recommend that Americans continue following personal hygiene best practices—such as washing your hands—and staying home when you get sick. Furthermore, they encourage Americans to embrace the outdoors when making plans for their second summer of the pandemic because the outdoor transmission rate for COVID-19 is much lower than the indoor rate.



Adjusting to a Post-pandemic Life

Last year, mental health experts warned about “pandemic fatigue” as people were tired of staying at home and wanted to be social. As more Americans are getting vaccinated against COVID-19, restaurants and stores are returning to full capacity. Additionally, many canceled or postponed social events may be back on the calendar.

Now as there is light at the end of the pandemic tunnel, experts are worried about a different phenomenon on the rise—re-entry anxiety. In fact, the American Psychological Association reports that Americans are experiencing the highest levels of stress since April 2020, and that half of those surveyed adults are uneasy about returning to in-person interactions.

Coping with Re-entry Anxiety

Re-entry anxiety can look different for everyone. Some people may be concerned about going into the grocery store without a mask on. Some people may be concerned about going out to dinner with friends. Some people may be concerned about returning to work in the office. Regardless of the situation, it’s completely normal to have some degree of anxiety as you begin to get back to pre-pandemic activities.

If you’re feeling anxious as you transition back to your pre-COVID life, consider the following five coping tips:

1

Make a list. By creating a post-pandemic bucket list, you can shift your thinking from anxious to positive by thinking about what would make you excited. These activities can be big or small. It’s all about focusing on the new possibilities this summer. If you don’t want to try something new, focus on a positive thing—like work-life balance or spending more time with family—that happened as a result of the pandemic and continue to prioritize it.

2

Do what makes you happy. Even if it’s only for a few minutes a day, engage in something fulfilling. Some examples include listening to music, playing a game with your child or exercising. By doing something meaningful based on your interests, you may enhance your emotional well-being.

3

Start small. Reintroduce activities slowly with a couple of commitments or social events, instead of filling the calendar right away. Pace yourself and practice saying, “no.” If you’re feeling anxious and jump in at full speed, you may burn out very quickly.

4

Set boundaries. Focus on setting boundaries based on the areas of your life that you can control and then communicate to others about what you’re comfortable doing. There’s no need to apologize for not wanting to do something, so clearly explain how you feel and be respectful of others.

5

Take care of yourself. If you’re struggling with anxiety, pause and listen to your body. Notice your breath and how your body is reacting. This is a time to remember that you are in control.

It’s important to pay as much attention to yourself as possible during this time by getting enough sleep, eating well and taking time to relax or recharge. Re-entry anxiety can be alleviated when managed in a healthy way. If you’re worried about your mental well-being, please contact a doctor or health professional.



Major Food Recall Extended

Back in late April 2021, the U.S. Food and Drug Administration (FDA) posted a recall for black beans purchased between Feb. 19, 2021, and April 20, 2021, due to a compromised hermetic seal. That seal issue could cause the cans to leak, bloat or allow harmful bacteria to grow. Well, the [voluntary recall](#) from Faribault Foods, Inc. has expanded to include cans of both black beans and chili beans distributed as far back as August 2020.

The bean recall now includes 16 lot numbers that were sent to retail stores in California, Washington, Utah, Oregon, Arizona, Colorado, Alaska, Hawaii, Texas, Georgia and Idaho. The three types of beans involved in the recall include:

- S&W Organic Black Beans
- Organics Organic Black Beans
- Organics Organic Chili Beans

All of those beans come in 15-ounce cans and have best-by dates ranging from July 19, 2022, to March 16, 2023. To check the full list of the impacted lot codes, go to the [FDA's website](#). Customers who received these cans from retailers should not consume them and instead return them to the store for a full refund or replacement.





NHO

Learn more about national health observances (NHOs) from the past three months in this section.



April—National Distracted Driving Awareness Month

According to the CDC, nine people are killed and more than 1,000 are injured every day in the United States because of distracted driving. Distracted driving is driving while doing another activity that takes your attention away from the road, and it can greatly increase the chance of a motor vehicle crash.

There are three main types of distractions:

1. Visual—Taking your eyes off the road
2. Manual—Taking your hands off the wheel
3. Cognitive—Taking your mind off of driving

While there is little you can do to control other people's driving, there is plenty you can do to reduce

your own distractions. Do not engage in any of the following activities while driving:

- Talking with other passengers to the extent that you aren't watching the road
- Adjusting the radio or other audio devices
- Allowing your dog to sit on your lap
- Touching up makeup or hair
- Smoking
- Eating



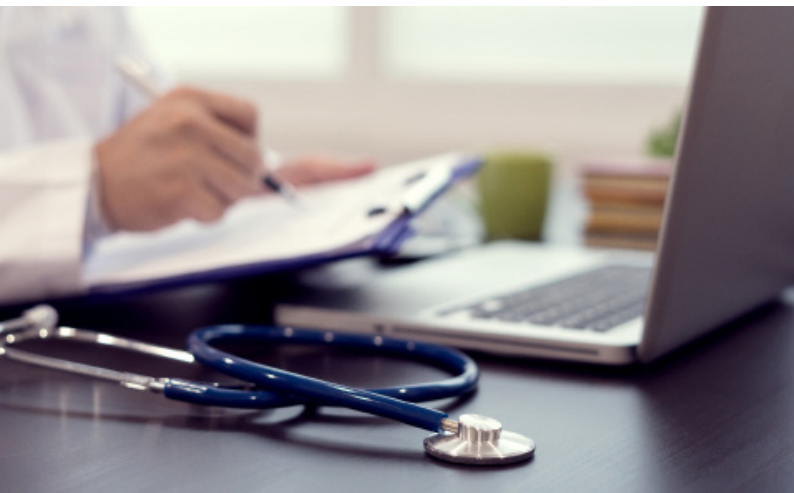
May—National Stroke Awareness Month

Every 40 seconds, someone in the United States has a stroke, making it the fourth leading cause of death for Americans. A stroke occurs when a blockage stops the flow of blood to the brain or when a blood vessel in or around the brain bursts. Strokes occur in people of all ages.

The sooner a stroke patient receives medical treatment, the better. Call 911 immediately if you notice any of the following symptoms:

- Numbness or weakness of the face, arm or leg
- Confusion, trouble speaking or difficulty understanding
- Trouble seeing in one or both eyes
- Severe headache with no known cause
- Trouble walking, dizziness, loss of balance or loss of coordination

You can prevent a stroke by exercising regularly, quitting smoking, maintaining a healthy weight, keeping your blood pressure under control, limiting alcohol intake and eating a low-sodium healthy diet.



Looking Ahead...

July

Cord Blood Awareness Month

August

Psoriasis Awareness Month

September

National Food Safety Awareness Month



June—Fireworks Safety Month

Fireworks are a staple at festivities for many Americans during the summer months. Unfortunately, many people do not realize just how dangerous fireworks and sparklers can be—which is a primary reason that injuries occur. Fireworks can not only injure the users, but can also cause harm to bystanders. All fireworks—including sparklers, bottle rockets and firecrackers—have the potential to cause burns, blindness and other injuries.

To ensure safety and avoid accidents when using fireworks, consider the following suggestions:

- Do not shoot fireworks off if you are under the influence of alcohol.
- Do not carry fireworks in your pocket or shoot them from metal or glass containers.
- Use fireworks and sparklers outdoors only.
- Always have a hose or water bucket handy.
- Keep spectators a safe distance away.
- Show children how to properly hold sparklers, how to stay far enough away from other children and what not to do.
- Never try to relight a firework that didn't properly ignite.
- Soak all firework debris in water before throwing it away.



Health and Wellness

Remain on top of the latest trends in health and wellness with the three articles in this section.



Stay Safe in the Sun

As the weather warms up, you'll likely want to be outside enjoying it. But did you know the sun's rays can damage your skin in as little as 15 minutes?

Avoiding excessive sun exposure is ultimately the best way to protect your body from sun damage and skin cancer.

Here are a few tips from the CDC to protect yourself:

- Avoid the sun between 10 a.m. and 4 p.m., when the rays are the strongest.
- Wear clothes made of tightly woven fabrics and a hat that shields your face, neck and ears.
- Wear sunglasses to protect your retinas and prevent the development of cataracts.

- Use a water-resistant, broad-spectrum sunscreen that is at least SPF 15, applying it all over your body and face. Reapply at least every two hours and after swimming, sweating or toweling off.

Routinely inspect your skin for any spots or changes in color or appearance. If you have any concerns, see your doctor.





Grilling Safety Tips

As warmer weather hits, the smell of food on the grill fills the air. According to the National Fire Protection Association, nearly 9,000 home fires each year involve grills, so it's important to brush up on barbecue safety.

Consider the following grilling safety tips:

- Do not let children or pets play near the grilling area until the grill is completely cool.
- Place your grill at least 3 feet away from other objects—including your house, trees and outdoor seating. Also, do not use your grill directly below your roof or any low-hanging tree branches, as these items could catch fire.
- Only use starter fluid for barbecue grills that use charcoal. Do not use starter fluid for gas grills.
- Before using a gas grill, check the connection between the propane tank and the fuel line to make sure it is not leaking and is working properly.
- If you suspect that your gas grill is leaking, turn off the gas and get the unit fixed before lighting it. Never use a match to check for leaks.
- If your propane grill's flame goes out, turn off the grill and the gas. From there, wait at least five minutes before relighting the grill.
- Do not bring your grill into an unventilated or enclosed space—such as the garage or inside of your home. This is not only a major fire hazard, it is also a carbon monoxide hazard.

Not only can grills start fires, but they can also cause burns. That's why it's important to exercise caution as you flip foods on the grill to ensure your hands and arms do not get burned.



The Essential Camping Checklist

Camping is an activity enjoyed by millions of Americans each year, especially as temperatures rise and days get longer in the summer. Whether you're a seasoned camping pro or an eager newcomer, it's always a good idea to review camping safety before heading into the outdoors.

To keep the experience fun and safe, it's important that you pack the following essential items:

- **A medical kit**—It should include a topical antibiotic, bandages, cotton swabs, diarrhea medication, antacids, scissors, tweezers and burn ointment, at a minimum.
- **Flashlights**—Bring several, and ensure beforehand that they are working correctly. Carry along some extra batteries as well. Consider purchasing an LED flashlight, as they last longer.
- **Water**—It's never a good idea to drink from natural water sources such as lakes or streams. Bring along bottled water, water purification tablets or a water purifier. If you decide to bring bottled water, bring a gallon per person per day to cover drinking and cooking needs.
- **Sunscreen and sunglasses**—Being out in the sun for hours at a time—much less days—can cause irreversible skin and eye damage. Plus, without sun protection you risk getting sunburnt, which will add immediate discomfort to your trip.
- **Waterproof matches**—When camping, you may encounter inclement weather. Having waterproof matches ensures that even if everything else is wet, you can still make a fire.
- **Insect repellent**—Not only is sunburn unpleasant, but bug bites can be nasty too.
- **Extra clothing**—As hot as it may be during the day, nighttime may be an entirely different story. In addition, should your clothes get wet, you will want dry items to change into.

Make sure you clean up all trash and belongings when leaving your campsite. Always strive to leave things better than you found them so others will get the chance to fully enjoy the beauty of nature just as you have.



Recipes

Try out these two healthy recipes, which are from the USDA's MyPlate Kitchen website.



Grilled Chicken and Avocado Quinoa Pilaf

Makes 4 servings



Ingredients

- 1 avocado (cut into chunks)
- 2 Tbsp. lemon juice
- ¼ cup fresh basil
- ¾ tsp. black pepper (divided)
- ¼ tsp. salt
- 1 Tbsp. olive oil (divided)
- 2 small boneless skinless chicken breasts
- 1 large red bell pepper
- ½ medium onion (chopped)
- 1 clove garlic (minced)
- 3 cups water
- 3 tsp. sodium-free chicken bouillon
- 1 ½ cups red quinoa (uncooked)

Nutritional information for 1 serving

Calories	460
Total fat	16 g
Saturated fat	2 g
Cholesterol	45 mg
Sodium	240 mg
Total carbohydrate	54 g
Dietary fiber	7 g
Total sugars	3 g
Added sugars included	0 g
Protein	28 g
Vitamin D	0 mcg
Calcium	60 mg
Iron	5 mg
Potassium	1047 mg

Directions

1. Heat grill.
2. Peel and cut the avocado into chunks. Place them in a medium bowl.
3. Mix lemon juice, basil, and ½ tsp. black pepper. Drizzle over avocado chunks, toss and set aside.
4. Cut chicken breasts in half crosswise.
5. Mix ½ Tbsp. olive oil, salt and remaining black pepper. Brush mixture on chicken and red bell pepper.
6. Grill chicken and pepper until done. Set chicken breasts aside. Cut pepper into thin strips.
7. While chicken and peppers are grilling, heat the remaining olive oil in a large pan. Add garlic and onion, and cook about five minutes until tender.
8. Add water, bouillon and quinoa to the pan and bring to boil. Cover, reduce heat and simmer until liquid is absorbed and quinoa is cooked for about 15-20 minutes.
9. Place quinoa pilaf in a large bowl and add chicken, red peppers and avocado. Toss gently.



Zucchini And Tomatoes

Makes 4 servings



Ingredients

- 2 Tbsp. butter
- ¼ cup onion (chopped)
- 1 garlic clove (chopped)
- 1 pound zucchini (chopped)
- 2 tomatoes (peeled and diced)
- 1 tsp. sugar
- ¼ tsp. salt
- black pepper to taste

Directions

1. Melt butter in a saucepan over medium heat.
2. Add onion and garlic.
3. Cook until tender for about 5-7 minutes.
4. Add zucchini, tomatoes and seasonings.
5. Cover pan, reduce heat and cook until vegetables are tender for about 20 minutes.

Nutritional information for 1 serving

Calories	89
Total fat	6 g
Saturated fat	4 g
Cholesterol	15 mg
Sodium	158 mg
Total carbohydrate	8 g
Dietary fiber	2 g
Total sugars	6 g
Added sugars included	1 g
Protein	2 g
Vitamin D	0 mcg
Calcium	29 mg
Iron	1 mg
Potassium	446 mg