

### October 2021

#### COVID-19 News & Resources

##### **Vaccine Booster Updates:**

Booster shots have been approved for all three COVID-19 vaccines: Pfizer, Moderna, and Johnson & Johnson.

- Pfizer and Moderna boosters may be administered at least 6 months after the initial series.
  - 65 years or older
  - Age 18+ who live in a [long-term care setting](#)
  - Age 18+ who have [underlying health conditions](#)
  - Age 18+ who work or live in [high-risk settings](#)
- Johnson & Johnson booster may be administered for those who are 18 or older and who were vaccinated at least 2 months ago.
- Eligible individuals may choose which vaccine they receive as a booster (this may be different from your initial type). CDC recommendations allow for a mix and match of dosing for booster shots.

Please [CLICK HERE](#) for additional information.



Please refer to the links below for places in your community providing appointments and off-site clinics.

- [Grand Traverse County Health Department](#)
- [Health Department of Northwest Michigan](#)
- [Benzie-Leelanau Health Department](#)
- [District Health Department #10](#)
- [Central Michigan District Health Department](#)
- [NMHSI](#)
- [Rite Aid](#)
- [Meijer](#)
- [Vaccines.gov](#)

**We encourage you to discuss your vaccine questions and needs with your primary care physician!**

## FLU INFORMATION

Flu season is upon us. Points to keep in mind include the following:

- The best way to prevent seasonal flu is by getting an annual flu vaccine.
- Everyone 6 months of age and older should get the flu vaccine every year, with rare exception.
- COVID-19 and Flu vaccines **can** be administered at the same time.
- [CLICK HERE](#) for more flu vaccine information.
- [CLICK HERE](#) for a "is it flu or COVID-19?" comparison.
- [CLICK HERE](#) for FAQs regarding the flu vaccine.
- [CLICK HERE](#) to find a flu vaccine near you.

For additional COVID-19 employee resources [CLICK HERE!](#)



We continue to work on a new [Human Resources Weebly site](#). This is intended to be a resource for employees for forms, policies, etc. Included within this site is a Staff Directory. The plan is to attach a profile picture to your contact information as a way for us to connect faces with names!

**PLEASE** send a personal picture of **YOU** to connect to your information. Pictures may be sent to [kruckle@nmcaa.net](mailto:kruckle@nmcaa.net).

**CORNERSTONES OF CULTURE**

<b>Nurturing</b>	• Promote a culture of <b>support, empowerment,</b> and <b>collaboration.</b>
<b>Mindful</b>	• <b>Respect, appreciate,</b> and <b>celebrate</b> each other's differences.
<b>Compassionate</b>	• Promote ongoing <b>agency goals</b> and commit to <b>team success.</b>
<b>Accountable</b>	• <b>Share ideas,</b> be open to suggestions, and maintain a <b>positive attitude.</b>
<b>Appreciative</b>	• Be <b>professional, honest,</b> and <b>sincere</b> to help create a trusting work environment.

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HELPING PEOPLE. CHANGING LIVES.

Thank you  
for all you  
do!