

FALL COVID-19 UPDATE

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It is now fall and sickness is on the rise, so here are a few safety precautions to keep you and the people around you safe. But first, in Polk County there are 140k cases of COVID-19. In Iowa there are 850k cases. That is a lot for a population of 3.19 million. There have been 9,968 deaths. Here are a few things you can do to prevent yourself and others from getting sick.

Carry anti-bacterial hand sanitizer/wipes.

If you're high risk wear a mask and keep yourself protected.

Wash your hands a few times a day especially before you eat, after you use the restroom.

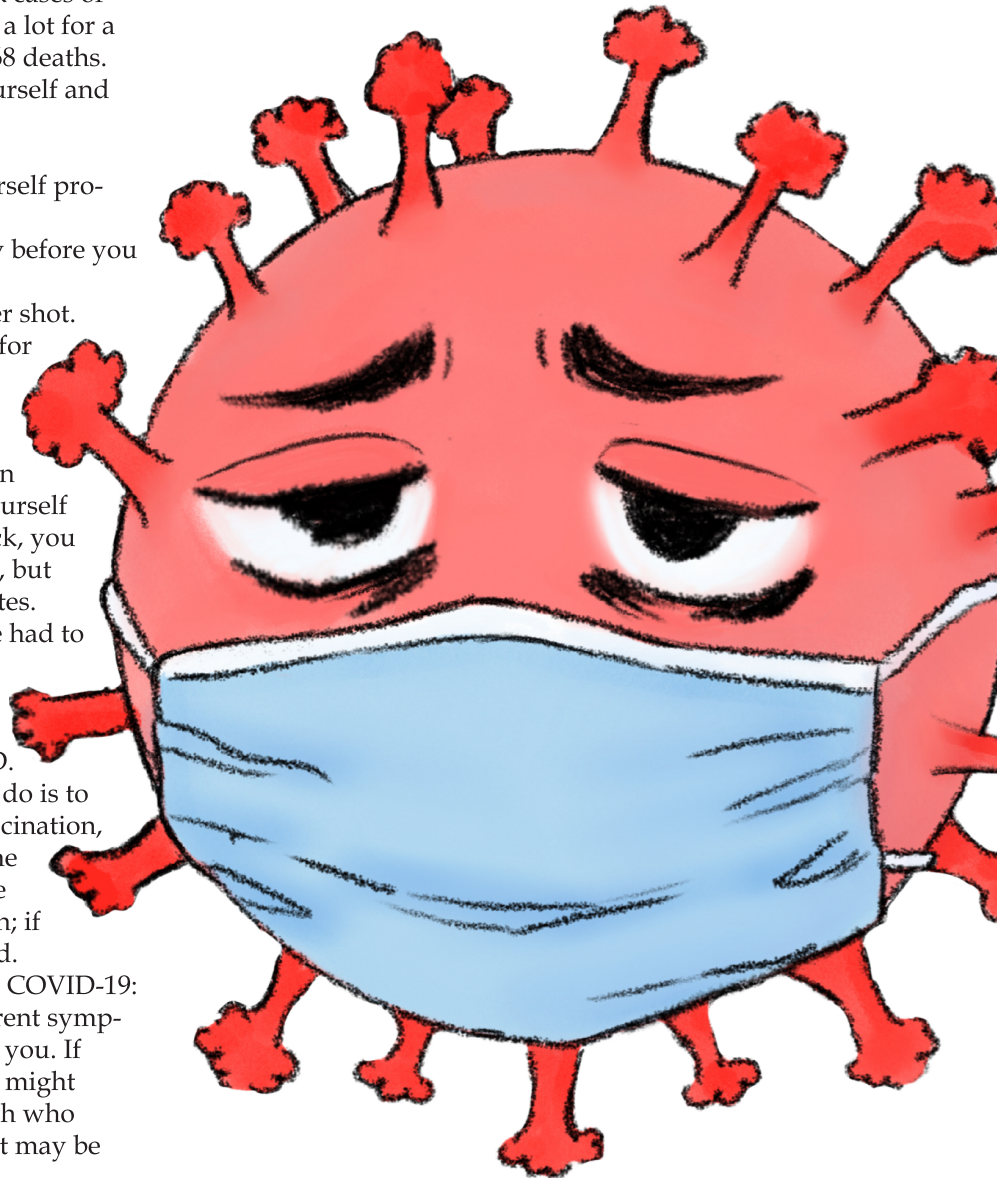
Get the vaccine and follow up with the booster shot.

COVID symptoms you may want to look out for are cough, headache, fatigue, lose of smell and taste; although you may not get any symptoms except maybe a stuffy nose. If you are showing symptoms wear a mask, cover your mouth when you sneeze, and stay home until you can test yourself or are tested by a doctor. If you begin feeling sick, you should stay home because not only are you sick, but you're also exposing your teachers and classmates.

Here's what's North High nurse, Terri Kruse had to say on this matter.

"Covid is going around the school, staff and students are getting it. I have calls every day with students and families infected with COVID. The best thing to do and the only thing you can do is to protect yourselves: wear a mask and get the vaccination, talk to your doctor if you're ill, always stay home when you're sick. If you have a fever, stay home twenty-four hours fever free without medication; if you have a cough, stay home," Nurse Kruse said.

Here are some things you should know about COVID-19: There are different variants that can cause different symptoms and they can depend on age how it affects you. If you live with babies and/or grandparents, they might get it worse than you. Older people in bad health who get COVID might not recover their symptoms, it may be 10-times worse than someone like yourself.



Graphic: Genesis Duarte-Perez