



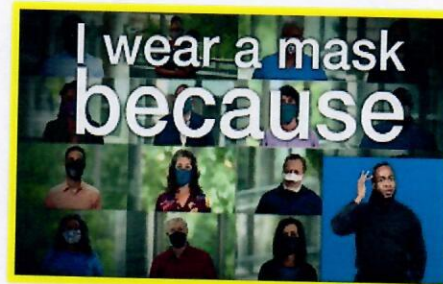
Special Edition - *What's Up Newsletter*

www.CenterLW.org

COVID-19 UPDATES

CENTER FOR DISEASE CONTROL (CDC) - ASL VLOGS

Click [here](#) to see all VLOGS.



NEW INTERNATIONAL AIR TRAVEL RULES

Starting January 26, 2021 anyone flying to the U.S. (from other countries) must show a negative COVID test.

Read the full order [here](#).

- COVID-19 test must be within 3 days **BEFORE** flying to the U.S.
- Must show copy of test result.
- OR proof of recovery from past COVID-19 illness.

CDC Travel information [here](#).



SNAP UPDATE

Have SNAP? You can shop online with *Instacart* at ALDI, Walmart or Amazon. Learn more about the program at: www.mass.gov/snap-online-purchasing-program

ALDI



[Click here.](#)

Amazon



[Click here.](#)

Wal-Mart



[Click here.](#)

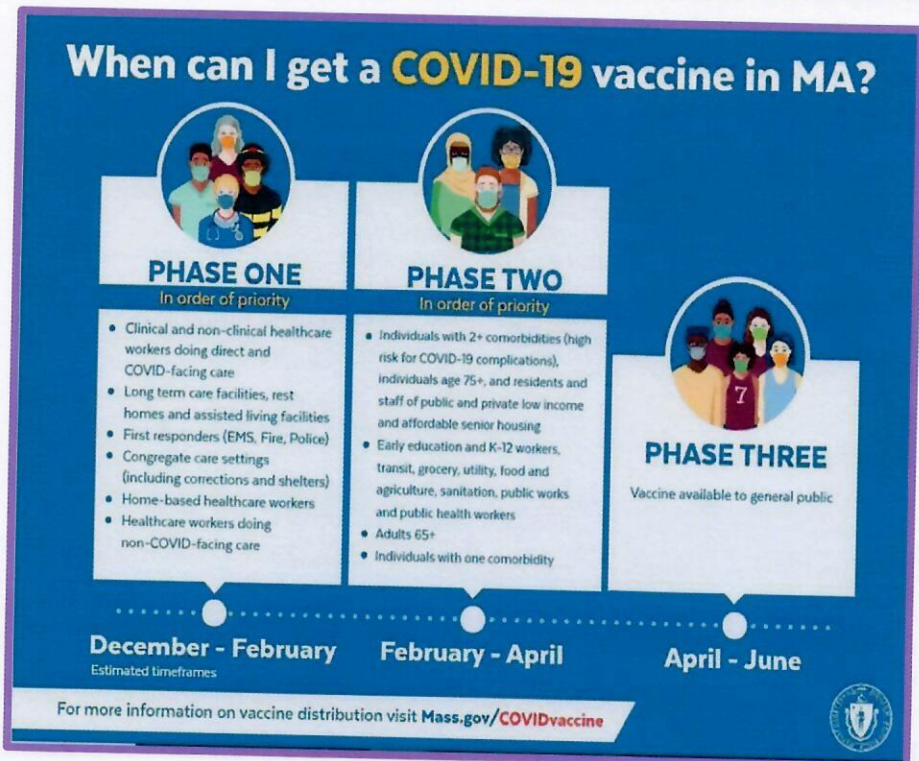
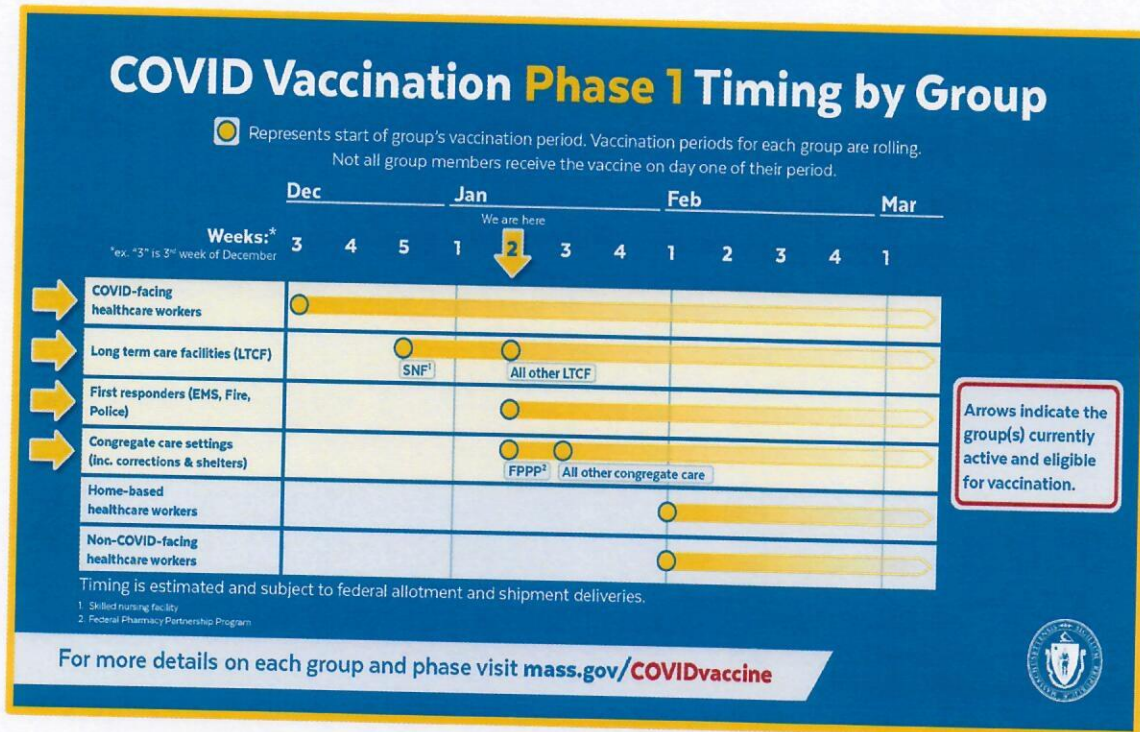
WE ARE IN REOPENING MASS: PHASE 3, STEP 1

- NO CHANGE! Will continue until *January 24, 2021*.

See more about limits [here](#).

COVID-19 VACCINATION PROGRAM

WE ARE IN VACCINE PROGRAM: PHASE 1



See these pictures larger at: www.mass.gov/info-details/when-can-i-get-the-covid-19-vaccine



Facts about COVID-19 vaccines

Vaccines (shots) are one of the tools we have to fight the COVID-19 pandemic.



To stop this pandemic, we need to use all of our prevention tools. Vaccines are one of the most effective tools to protect your health and prevent disease. Vaccines work with your body's natural defenses so **your body will be ready to fight the virus**, if you are exposed (also called immunity). Other steps, like wearing a mask that covers your nose and mouth and staying at least 6 feet away from other people you don't live with, also help stop the spread of COVID-19.

Studies show that COVID-19 **vaccines are very effective** at keeping you from getting COVID-19. Experts also think that getting a COVID-19 vaccine may help keep you from getting seriously ill even if you do get COVID-19. These vaccines cannot give you the disease itself.



The vaccines are safe. The U.S. vaccine safety system makes sure that all vaccines are as safe as possible. All the COVID-19 vaccines that are being used have gone through the same safety tests and meet the same standards as any other vaccines produced through the years. A system in place across the entire country that allows CDC to watch for safety issues and make sure the vaccines stay safe.



Different types of COVID-19 vaccines will be available. Most of these vaccines are given in two shots, one at a time and spaced apart. The first shot gets your body ready. The second shot is given at least three weeks later to make sure you have full protection. If you are told you need two shots, make sure that you get both of them. The vaccines may work in slightly different ways, but all types of the vaccines will help protect you.



12/23/20

www.cdc.gov/coronavirus/vaccines

CDC | NCIRD | Facts about COVID-19 vaccines



The vaccines may cause side effects in some people, like sore muscles, feeling tired, or mild fever. These reactions mean the vaccine is working to help teach your body how to fight COVID-19 if you are exposed. For most people, these side effects will last no longer than a day or two.

Having these types of side effects does NOT mean that you have COVID-19. If you have questions about your health after your shot, call your doctor, nurse, or clinic. As with any medicine, it is rare but possible to have a serious reaction, such as not being able to breathe. It is very unlikely that this will happen, but if it does, call 911 or go to the nearest emergency room.



When you get the vaccine, you *and* your healthcare worker will both need to wear masks.

CDC recommends that during the pandemic, people wear a mask that covers their nose and mouth when in contact with others outside their household, when in healthcare facilities, and when receiving any vaccine, including a COVID-19 vaccine.



Even after you get your vaccine, you will need to keep wearing a mask that covers your nose **and** mouth, washing your hands often, and staying at least 6 feet away from other people you do not live with. This gives you and others the best protection from catching the virus. Right now, experts don't know how long the vaccine will protect you, so it's a good idea to continue following the guidelines from CDC and your health department. **We also know not everyone will be able to get vaccinated right away, so it's still important to protect yourself and others.**

What to Expect after Getting a COVID-19 Vaccine

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html>

COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects **may feel like flu** and **may even affect your ability** to do daily activities, but they should go away in a few days.

Common side effects

On the arm where you got the shot:

- Pain
- Swelling

Throughout the rest of your body:

- Fever
- Chills
- Tiredness
- Headache

Helpful tips

If you have pain or discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.

To reduce pain and discomfort where you got the shot: To reduce discomfort from fever:

- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.
- Drink plenty of fluids.
- Dress lightly.

When to call the doctor

In most cases, discomfort from fever or pain is normal. Contact your doctor or healthcare provider:

- If the redness or tenderness where you got the shot increases after 24 hours
- If your side effects are worrying you or do not seem to be going away after a few days

Remember

- Side effects may feel like flu and even affect your ability to do daily activities, but they should go away in a few days.
- With most COVID-19 vaccines, you will need 2 shots in order for them to work. Get the second shot even if you have side effects after the first one, unless a vaccination provider or your doctor tells you not to get a second shot.
- It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require 2 shots may not protect you until a week or two after your second shot.
- It's important for everyone to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Cover your mouth and nose with a mask when around others, stay at least 6 feet away from others, avoid crowds, and wash your hands often.

HEALTHCARE PROVIDER, PLEASE FILL IN THE INFORMATION BELOW:

If your temperature is ____°F or ____°C or higher or if you have questions, call your healthcare provider.

Tell your healthcare provider about: _____

Healthcare provider phone number: _____

Medication (if needed):

Take _____ every _____ hours as needed.
(type and dose or amount)



Ask your healthcare provider about getting started with v-safe

Use your smartphone to tell CDC about any side effects after getting the COVID-19 vaccine. You'll also get reminders if you need a second dose.

Learn more about **v-safe**.
www.cdc.gov/vsafe



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

STOP COVID-19: ASL



Watch on *Facebook!*
Click [here](#).



SELFCARE ASL



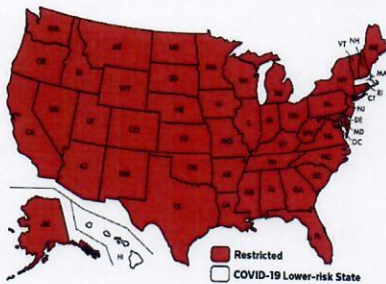
Deaf Senior Citizens Ruth and Win discuss strategies they have used for reducing stress, getting exercise and socializing during the COVID-19 pandemic.

How do YOU self care during COVID-19? Comment on *Facebook* or post your strategies and tag us! #SelfCareASL

Click [here](#).

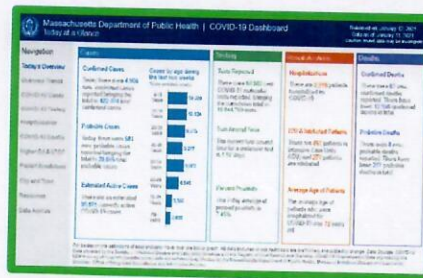
"LOWER RISK STATES" MAP

Click [here](#) to view the map larger.



COVID-19 DAILY DASHBOARD

Click [here](#) to see the full report (updated every day by 5:00 PM)



STOP THE SPREAD

FREE COVID-19 TESTING

Sick or not sick - everyone is encouraged to get tested.

Click [here](#) for where to go for testing and more information.



MA COVID HOUSING HELP

Worried you may become homeless because of missed rent or mortgage payments?

Low-income households can get help paying both past/future rent and mortgage costs.

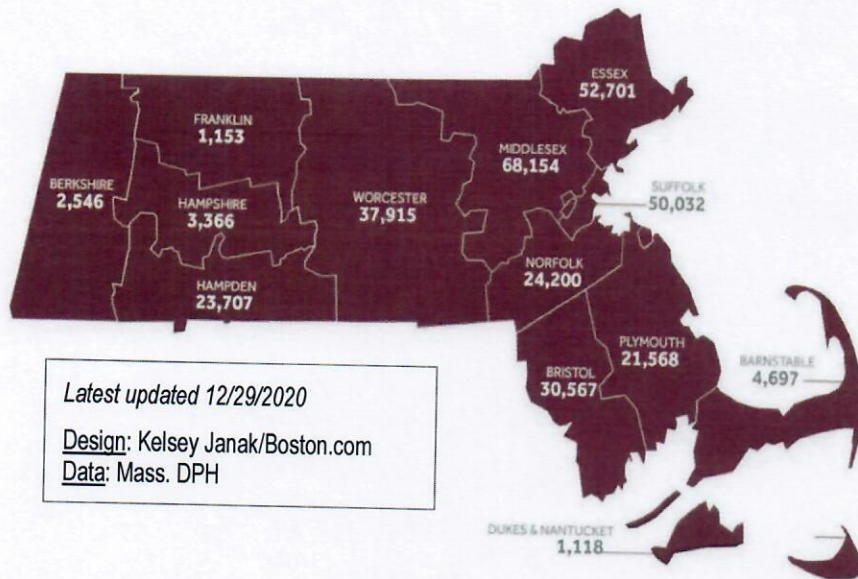
Click [here](#) to see the video.

Residential Assistance for Families in Transition (RAFT):

Click [here](#) to find your town's agency.



WHERE ARE CORONAVIRUS CASES IN MASS?



Latest updated 12/29/2020

Design: Kelsey Janak/Boston.com
Data: Mass. DPH

318,143 confirmed and probable cases

11,804 related deaths

Map to the left shows where cases are, by county.

Note: locations of 928 cases are currently unknown.

For more information see: www.boston.com/tag/coronavirus

See what's happening in other states - [here](#).



\$600 STIMULUS - ASL VLOGS

Watch 2 VLOGS from *DeafTax*.

- [\\$600 Stimulus Money and Closed Bank Account](#)
- [Missed Your \\$600 Stimulus Payment?](#)

Receive alerts by text, email, or phone in your preferred language through alerts MA

Sign up at Mass.gov/CovidAlerts

JOB OPENING



DHILS DEAF SKILLS TRAINER (P/T 20 HOURS)

- Provide Independent Living skills training, peer counseling, resources and advocacy to Deaf consumers.
- Part-time - 20 hours.
- Fluent in ASL (required).

See the full job description and requirements [here](#).

Questions? Contact Deb Olson at: dolson@centerlw.org

ZOOM GUIDE



CLW DHILS made a guide for using Zoom. Step-by-step instructions and pictures show how to:

- Download the Zoom app
 - Join/Leave a meeting
 - Gallery View vs. Speaker View
 - Pin a screen
- ...and more!

WANT A COPY? Contact Denise Paro at: dparo@centerlw.org or 508-556-1600 (VP)

NOTE: let us know which one(s) you want! (Computer/Cell Phone/iPad)

See attached *Events Flier* for upcoming Workshops/Webinars, etc.

DHILS SPECIAL EDITION NEWSLETTERS – PAST ISSUES

Missed a *What's Up* or *Parents Special Edition* Newsletter?

Find all issues [here](#) on CLW's website.

Like/Follow CLW on:



WANT OUR NEWSLETTERS EMAILED TO YOU? Contact Kim White at: kwhite@centerlw.org

ANY QUESTIONS ABOUT THIS NEWSLETTER?

Need a website address from your printed newsletter? Contact your Skills Trainer!

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VACANT	Deaf Skills Trainer	508-762-1350 (VP)
Denise Paro	Administrative Assistant	508-556-1600 (VP)
Ellen Perkins	Hard of Hearing Skills Trainer	508-502-7576 (Voice); 508-762-1354 (VP)
Joy Spurlin	Assistant Manager/Skills Trainer	508-762-1166 (VP)
Justina Bailey	Deaf Skills Trainer	508-762-1021 (VP)
Kim White	Staff Interpreter	508-755-1042 x5042; 508-283-1036 (VP)

