



## Covid-19 Vaccines and Diabetes

### Vaccine Guidance

People with diabetes are some of the most at risk for developing complications from COVID-19. The American Diabetes Association and Center for Disease Control recommend that Americans with diabetes be some of the first to receive this vaccine.

However, due to distribution and manufacturing constraints it may still be a while until all of those at risk with diabetes are able to receive their vaccine. In the meantime, managing your diabetes is more important than ever. Take advantage of our virtual classes to learn more about how to manage your diabetes during this pandemic. Times and dates available on page 2.

### Commonly Asked Questions About the Covid-19 Vaccine

Reach out to your doctor or healthcare provider with your questions or concerns about the new Covid-19 vaccine. Before you speak with them, here are some answers from the CDC to commonly asked questions:

- **Can the vaccine give me COVID-19?**

*No. None of the COVID-19 vaccines currently being given in the United States contain the live Covid-19 virus. However, it typically takes a few weeks for the body to build immunity after vaccination. That means it's possible you could be infected with the virus that causes COVID-19 just before or just after vaccination.*

- **If I already had COVID-19 and recovered, do I still need to get vaccinated?**

*Yes. The CDC recommends that you get vaccinated even if you have already had COVID-19, because you can catch it more than once. While you may have some short-term protection after recovering from COVID-19, we don't know how long this protection will last.*

- **Is it safe to get a COVID-19 vaccine if I have an underlying medical condition?**

*Yes. COVID-19 vaccination is especially important for people with underlying health problems like heart disease, lung disease, diabetes, and obesity. People with these conditions are more likely to get very sick from COVID-19.*

- **How do I report problems or bad reactions after getting a COVID-19 vaccine?**

*Ask your provider how to enroll in the CDC's v-safe. This is a smartphone tool you can use to tell CDC if you have any side effects after getting a COVID-19 vaccine. If you report serious side effects, someone from CDC will call to follow up.*

For more information, go to [www.cdc.gov/coronavirus/vaccines](http://www.cdc.gov/coronavirus/vaccines)





## Staying Active in Winter Months

### How to keep the cold from keeping you inactive

During these cold months of the pandemic it is more important than ever to find creative ways to fit activity into your routine. Here are 4 ways to incorporate physical activity into your everyday life.

1– Find fitness equipment that works for you. Simple equipment like light weights, small trampolines, sitting bike pedals and more are inexpensive ways to bring the gym to you.

2– Break a sitting streak. Every hour, take 5 minutes to stand up and stretch your legs. Whether it's walking in place, going to check the mail, or grabbing something from across the house, spending less time sitting is an easy way to help you reduce health risks across the board.

3– Park farther away. When going to stores, even in the cold, parking far away can incorporate more activity into your life without requiring much from you.

4– Fill in the gaps. During spare time during the day take a moment to be active. Pace around your house while you talk on the phone, stretch while you wait for your kids to get in the car, or take the long way while walking around the grocery. We all have random moments of spare time, so let's use it in the fullest way possible.

For more ideas go to <https://www.diabetes.org/healthy-living/fitness/overcoming-barriers>

## Upcoming Classes Spring 2021

*All spring classes will be offered online due to the COVID-19 pandemic. If you are unable to use the internet, please contact us and we are happy to make arrangements for you to join in other ways!*

**Diabetes Self Management Workshops**– *Take an in-depth look into managing your diabetes, including healthy eating, physical activity, taking medications, and reducing your risks.*

- **Thursday, February 4, 11, 18, and 25 from 5:00-7:00pm.**  
Registration required by February 2.
- **Saturday, March 6, 13, and 20 from 9:00-11:30am.**  
Registration required by March 4.
- **Tues./Thurs. April 13, 15, 20, and 22 from 10:00am-12:00pm.**  
Registration required by April 9.
- **Wednesday, May 5, 12, 19, and 26. 1:00-3:00pm.**  
Registration required by May 3.

**Nutrition Basics**– *Learn how to better care for your diabetes through the foods you eat.*

- **March 1 at 5:00 pm.** Registration required by March 1 at noon.

**To Register or hear more  
about our classes, contact:**

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