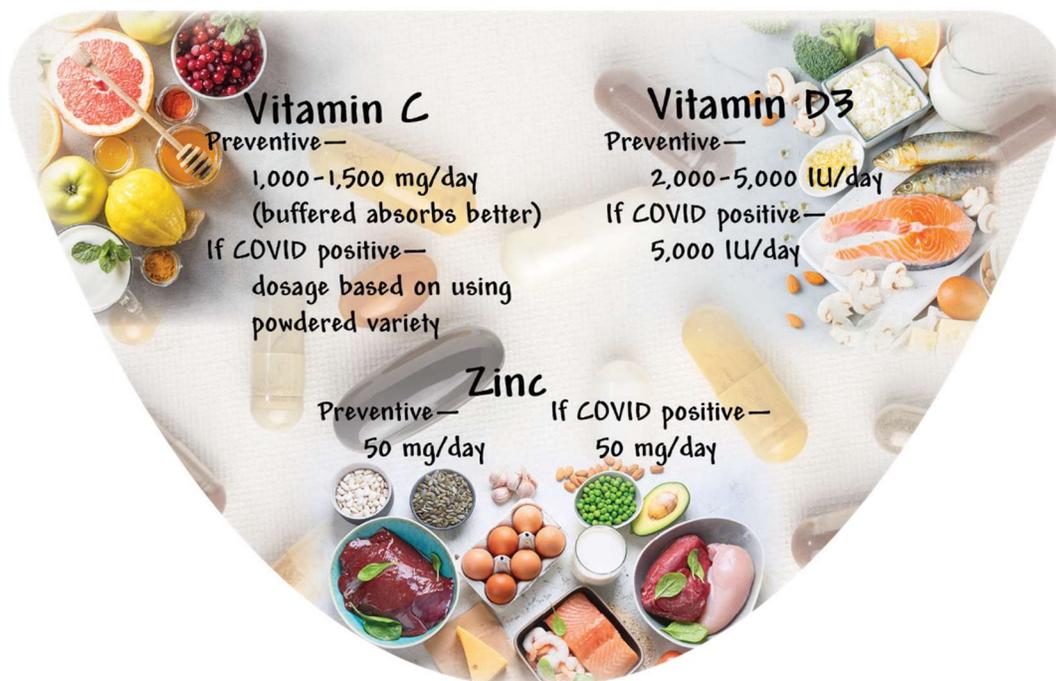




As a priest, you tend to the needs—body and soul—of the people of the Diocese of Jefferson City. Serving Christ’s flock, in their wide range of human frailties, can be both rewarding and exhausting. As a priest, your health and well-being are vital to the health and well-being of Christ’s Church. The Priest Wellness Program exists to promote, support and advocate for your health and well-being through a three-dimensional approach—physically, emotionally and professionally.

My phone has been ringing a little more often these days. Bet you can’t guess why? With flu season upon us and the increase of COVID cases in our communities, I want to share with you some tips for staying healthy and returning to health should you become ill. As always, distance, mask, good handwashing and staying home when sick still stand tried and true. Here’s the disclaimer...I am always here and happy to assist you with making decisions about actions to take regarding any health care issues, but you should always be in contact with your primary care physician for diagnosis, treatment and guidance.

After spending some time speaking with a couple of local pharmacies and a health food store, I would encourage you to consider taking the following vitamins to help support your immune system, especially during these next few months. **Recommended dosages vary**, so speak to your primary care physician, pharmacist or health food store staff to know what is best for you. These vitamins are obviously found in foods, and you can read about them by [clicking here](#), or go to healthnewshub.org and search “vitamins vs. covid.”



- ▶ IF you have been exposed to someone with a positive COVID test, call your primary care physician FIRST.
- ▶ IF you do not have a primary care physician and have been exposed, call your county health department.
- ▶ IF you have symptoms of COVID, call your primary care physician FIRST.
- ▶ IF you have symptoms and do not have a primary care physician, go to your local urgent care, BUT CALL BEFORE ARRIVING.

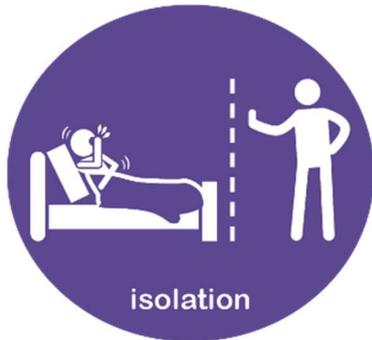




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IF you are COVID positive, it is important to get up and move as you are able, throw in some deep breathing several times a day, and stay well hydrated. Treat symptoms as they arise with over-the-counter medications like acetaminophen/ibuprofen for fever, and Mucinex for chest congestion (Quercetin is a homeopathic version). If you experience any breathing difficulty, go to your local hospital emergency room or call 911. **It is VERY IMPORTANT to know WHO YOU WILL CALL for support with getting medications, groceries and in any urgent situation.**

Many of the calls I have received are for questions about quarantining and isolation. Quarantining is time spent away from people after having been exposed to someone with COVID. Isolation is time spent away from people after you have tested positive for COVID. Your doctor or local county health department should contact you to guide the discussion regarding number of days for both situations. If they do not contact you, call them. I am happy to help you find the right phone number if needed. [Click here](#) for the Centers for Disease Control recommendations, or go to [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) and search “when to quarantine.”



Isolation is time spent away from people after you have tested positive for COVID.



Quarantining is time spent away from people after having been exposed to someone with COVID.

This is an overwhelming time for all of us, but our Lord never abandons us, and I am resting in the words of a very dear friend “Keep the faith and take courage.” I am blessed to serve you and am especially grateful for each and every one of you this Thanksgiving. Please pray for all priests who are struggling during this time.

Peace,
Kimie
Your Priest Wellness Nurse

