COVID-19 UPDATE

U.S. Public Health Emergency expires May 11th - we are in a much better place in our response than we were 3 years ago!

The WHO still considers COVID-19 a pandemic

Feeling unwell after COVID-19?
Nearly 1 in 5 adults who have had COVID-19 still have "Long COVID"

People with long COVID can experience symptoms that can last weeks, months, or even years following infection

Visit cdc.gov for more information on Long COVID

RESEARCH STUDY OF THE MONTH

Early Estimates of Bivalent mRNA Booster Dose Vaccine Effectiveness in Preventing Symptomatic SARS-CoV2 Infection

An updated COVID-19 vaccine helped prevent illness from Omicron XBB-related variants*

HEALTH & WELL-BEING

6 Strategies for a Healthy Spring

- Move more, sit less
- Eat healthy foods
- Choose your drinks wisely
- Get enough sleep
- Be sun safe
- Learn your health history

USEFUL RESOURCES

MAY IS...

- National Bike Month
  - National Bike to Work Week is May 15-31
- Mental Health Awareness Month
- Click here for resources

UP COMMUNITY HEALTH TOWN HALL

Final Thursday of every month

TO STAY UP-TO-DATE ON MICHIGAN’S REPRODUCTIVE HEALTH ACCESS, VISIT: plannedparenthoodaction.org