



Bucksport Regional
Health Center



September 2021

BRHC Health Beat



Message from the CEO

Carol Carew, RN, BSN, MBA

We are closing in on Fall. Flu season. But we are still dealing with the Delta variant of COVID-19, which spreads more easily than other variants. The CDC says it may cause more than twice as many infections. And it may cause more severe

illness than other variants in those who are not vaccinated. A small percentage of vaccinated people may still get infected and become sick with breakthrough infections, but vaccinations significantly reduce the chance of hospitalization and death.

Fully vaccinated people who contract the Delta variant can spread the virus, but vaccinated people appear to spread it for a shorter period of time.

So, get vaccinated. It is, by far, the best way to protect yourself and those around you. High vaccination rates will reduce spread of the virus and will help prevent new variants from emerging. BRHC has clinics or you can find another location to get your vaccine. But just get it. Visit maine.gov or call the Maine COVID-19 Community Vaccination Line at 1-888-445-4111 for vaccine locations.

And while we're talking about vaccines, remember to get your flu shot. See page 2 for more on that.

Carol

September is Pain Awareness Month

Source <https://www.theacpa.org/>

According to the American Chronic Pain Association:

- Chronic pain lasts beyond the usual recovery period for an injury or an illness. It may be continuous or come and go.
- Chronic pain's cause sometimes cannot be removed or treated and it is the number-one cause of adult disability in the United States.

If you are experiencing chronic pain, we are here to help. We offer the Pain on the Brain program. Give us a call to learn more.

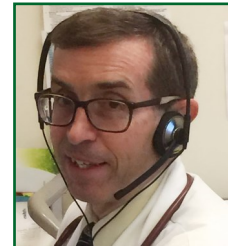
We are hiring ...

Visit www.bucksportrhc.org to learn more.

- Dentist (per diem)
- Medical Assistant – Bucksport (full-time)
- Patient Account Representative – Bucksport – Insurance Eligibility/Sliding Fee Specialist (part-time 24-32 hours per week)
- Behavioral Health Therapist – LCSW – Bucksport and Ellsworth (full-time)
- Medical Assistant – MAT program - Bucksport (full-time)

Meet our Team: Dr. Timothy Clifford

Dr. Clifford has been a provider at BRHC for 35 years! And we are so lucky to have him. He is an avid learner with an insatiable thirst for knowledge. He graduated Boston College, with a psychology major, and earned his medical degree from Tufts University School of Medicine. In his spare time, he enjoys running, reading mysteries, and gardening.



Free, fresh produce giveaway! Weds, 1:00 p.m. - 3:30 p.m.

Come get fresh fruits and vegetables throughout the summer made by collaborations with Healthy Acadia and Good Shepherd Food Bank. Everyone welcome!!

**110 Broadway,
Bucksport**

- September 29

**Coastal Health Center
37 Commerce Park,
Ellsworth**

- September 22



Weekly COVID-19 Vaccine Clinics

BRHC is holding weekly walk-in COVID-19 clinics on Tuesdays and Thursdays. Watch our Facebook/website for additional evening and weekend hours and clinics at our Ellsworth site, Coastal Health Center.

BRHC, 110 Broadway, Bucksport, 469-7371

Coastal Health Center, 37 Commerce Park, Ellsworth, 667-5064

BRHC is a Federal Tort Claims Act (FTCA) deemed facility. Visit bphc.hrsa.gov/ftca/about for more information.
BRHC is an equal opportunity provider and employer.

bucksportrhc.org



Children and the Flu From www.CDC.gov

Children younger than 5 years old and especially those younger than 2 years old, are at higher risk of developing serious flu-related complications. A flu vaccine offers the best defense against flu and its

potentially serious consequences. It can also reduce the spread of flu to others. Getting vaccinated against flu has been shown to reduce flu illnesses and death in children.

Flu is actually more dangerous than the common cold for children. Each year, millions of children get sick with seasonal flu and thousands of children are hospitalized. Some die from flu.

Complications from flu among children under 5 years old can include:

- Pneumonia: an illness where the lungs get infected and inflamed
- Dehydration: when a child's body loses too much water and salts, often because fluid losses are greater than from fluid intake
- Worsening of long-term medical problems like heart disease or asthma
- Brain dysfunction such as encephalopathy
- Sinus problems and ear infections
- Death, in rare cases

The best way to prevent flu is with a flu vaccine. CDC recommends that everyone 6 months and older get a seasonal flu vaccine each year, ideally by the end of October. Since it takes about two weeks after a vaccination for the body to develop antibodies against flu virus infection, it is best to get vaccinated *before* influenza begins spreading in their community. Some children will need two doses of flu vaccine. Those children should get the first dose as early in the season as possible.

What is the difference between flu and COVID-19?

Flu and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a coronavirus (called SARS-CoV-2) and seasonal flu (most often just called "flu") is caused by infection with one of many influenza viruses that spread annually among people.

Because some symptoms of flu and COVID-19 are similar, people may need to be [tested](#) to tell what virus is causing their illness. People can be infected with both a flu virus and the virus that causes COVID-19 at the same time.

In general, COVID-19 seems to spread more easily than flu and causes more serious illnesses in some people. Compared with people who have flu infections, people who have COVID-19 can take longer to show symptoms and be contagious for longer.

Will there be flu along with COVID-19 in the fall and winter?

CDC believes it's likely that flu viruses and the virus that causes COVID-19 will both be spreading at that time.

Relaxed COVID-19 mitigation measures (such as stay-at-home orders, or mask mandates) may result in an increase in flu activity during the upcoming 2021–2022 flu season.

For more information on the flu and COVID-19, visit www.cdc.gov/flu/symptoms/flu-vs-covid19

Word Search - Back to School!

Markers	Classroom	Language
Rulers	Books	Friends
Recess	Homework	Lockers
Hot lunch	Science	Backpack
Playground	Gym	Bus
Sports	Math	Tests

e	a	s	s	r	e	k	r	a	m	c
b	k	h	c	n	u	l	t	o	h	r
r	o	r	c	i	o	k	o	k	e	f
u	m	o	o	c	e	r	c	c	g	r
l	y	a	k	w	s	n	e	l	a	i
e	g	e	t	s	e	s	c	t	u	e
r	r	p	a	h	s	m	u	e	g	n
s	p	l	a	y	g	r	o	u	n	d
k	c	a	p	k	c	a	b	h	a	s
s	p	o	r	t	s	r	u	r	l	s
k	m	t	e	s	t	s	s	k	d	a