



# Live Well, Work Well

Employee Health Benefits Bulletin

June 2021

Bridgewater-Raritan Regional Schools

## COVID-19 Vaccine News

### Timely Tip:

Decode your sunscreen label for maximum protection. Check the expiration date; sunscreens are typically effective for 2-3 years. *Broad-spectrum* protection works against UVA (skin cancer and aging) and UVB (sunburn) rays. SPF (sun protection factor) is the level of protection against harmful UVB rays.

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INTEGRITY CONSULTING  
GROUP  
104 Interchange Plaza  
Suite 202  
Monroe Township  
New Jersey 08831  
(888) 737-4313

*COVID-19 vaccinations are a major tool to help us return to a pre-pandemic normal. There is a lot of vaccine news be aware of; here is some of the latest from the [CDC](#).*

**COVID-19 vaccine guidance for those with allergies.** Be aware of [allergic reactions](#) to the COVID-19 vaccine.

**Severe allergic reactions**, or *anaphylaxis*, may require treatment with epinephrine or a hospital visit.

An **immediate allergic reaction** happens within four hours of vaccination and could include symptoms such as hives, swelling, or respiratory distress like wheezing. If you are allergic to an ingredient in a COVID-19 vaccine, talk with your doctor for guidance.

**COVID-19 vaccine guidance for pregnant and breastfeeding women.**

Pregnant women are more likely to become severely ill with COVID-19 than those who are not. If you are pregnant, you can receive a vaccine;

discuss the following with your doctor if you are uncertain:

- What is your likelihood of virus exposure?
- What are the potential risks?
- Vaccine efficacy, side effects, etc.

At this time, there is no data about the safety of the vaccine for lactating women or the effects on breastfed infants; however, the mRNA vaccines are not thought to be a risk. Visit the CDC [website](#) for details.

**COVID-19 vaccine guidance for children.** Children can be infected with COVID-19 and can become severely ill. The [CDC](#) currently recommends the Pfizer-BioNTech

vaccine for those aged 12 and older.

*Questions about the vaccine?* Check out this Horizon BCBSNJ [brochure](#). Talk with your doctor. And visit [horizonblue.com](#) or [cdc.com](#) to stay current on COVID-19 vaccine news, updates, and more.



## Alzheimer's Disease

Alzheimer's is a progressive disease of the brain that gradually destroys the ability to remember, reason, imagine, and learn. It is often difficult to diagnose because the early signs closely resemble natural signs of aging.

There are 100 billion nerve cells in the brain. Each of these cells joins with others to form "communication networks." Alzheimer's disease prevents some cells from operating correctly, although scientists are unsure why. As the damage spreads, the cells cannot function and eventually die.

During normal aging, most people's brains develop plaques (deposits of a protein fragment) and tangles (fibers of another protein). It has been discovered during autopsy that people suffering from Alzheimer's have many more plaques and tangles; this may play a role in blocking nerve cell communication. The [Alzheimer's Association](#) has identified 10 warning signs to watch for:

- Memory loss that disrupts daily life
- Challenges in solving problems
- Difficulty completing familiar tasks
- Confusion with time or place
- Difficulty understanding visual images or spatial relationships
- Trouble speaking or writing
- Misplacing things
- Decreased or poor judgment
- Withdrawal from work/social settings
- Changes in mood or personality

Learn more at [alz.org](#).



## Healthy Recipe

### Pasta Primavera

#### Ingredients

- 1 cup noodles (uncooked)
- 1 Tbsp. vegetable oil
- 2 cups mixed vegetables, such as kohlrabi, sugar snap peas, carrots, or asparagus (chopped)
- 1 cup tomatoes (chopped)
- 1 Tbsp. margarine
- 1/4 tsp. garlic powder
- 1/8 tsp. black pepper
- 3 Tbsp. Parmesan cheese

#### Preparation

1. Cook the noodles according to package directions.
2. While cooking, heat oil in skillet.
3. Add vegetables and saute until tender; stir constantly.
4. Add tomatoes and saute 2 additional minutes.
5. Add margarine and cooked noodles to skillet, toss with vegetables.
6. Add seasoning and sprinkle with Parmesan cheese; serve.

## National Health Observances

### June

#### Alzheimer's and Brain Awareness Month

*Alzheimer's Association*  
[alz.org](#)

#### National Aphasia Awareness Month

*National Aphasia Association*  
[aphasia.org](#)

### July

#### International Group B Strep Awareness Month

*Group B Strep International*  
[groupbstrepinternational.org](#)

### August

#### Psoriasis Awareness Month

*National Psoriasis Foundation*  
[psoriasis.org](#)