

APRIL 2021

NURSE NEWS



Stay connected and stay healthy

Cotati-Rohnert Park Unified School District



SCOE Educator Vaccine Clinic

Since Mid-February, the SCOE Educator Vaccine Clinic has been steadily vaccinating the educators of Sonoma County, out of our own fine Rancho Cotate High School TAG building. The clinic started administering about 300 vaccines per day and at the peak serving about 500 per day.

The clinic is one extension from the County to help vaccinate as many people as possible, completely dependent on the vaccine supply provided by the County. This particular clinic is specifically channeling all its resources towards the educators in SoCo. With the recent changes of who is controlling the vaccine distribution, moving from the County's responsibility to Blue Shield, our clinic has come to a close, with its last day on March 25th.

We have been so fortunate to have so many incredible volunteers from all over the County to bring about the success of the clinic. During the first couple weeks, the clinic administered over 3200 doses to educators. Although many days were cancelled because of a supply shortage, This clinic has administered over 8800 doses, 4400 first doses, over 4200 second doses and 200 single dose Janssen vaccines. The clinic was administering Moderna, and had added Johnson and Johnson/Janssen's one-dose vaccine as well, but the other vaccine option available is produced by Pfizer-BioNTech. See below, to learn more about the COVID-19 vaccines available and approved by the FDA. Click to [learn more about Moderna](#)
Click to [learn more about Pfizer-BioNTech](#)
Click to [learn more about Johnson and Johnson/Janssen](#)



Vaccine Hesitancy



There are so many messages about the COVID vaccine - some positive, some negative - that it is hard to know what to do.

Our willingness to be vaccinated is influenced by our belief that COVID is risky or can be prevented by vaccine; ease of access and cost; and trust. Sometimes we hear or see messages that actually promote falsehoods and myths that encourage community upset and lack of confidence in reliable sources of information.

Some concerns expressed about the new COVID vaccines include side effects, newness, speed of development, access, effectiveness, and safety. Do you have any of these concerns? The vaccine delivery roll-out may seem like it has had a bumpy start but many more doses will become available in the upcoming months. Do you plan to be vaccinated? Do your part to protect yourself, your family, and your community! Remember that you are a vaccine role model for others. Centers for Disease Control (CDC) is a good source for scientific [information about COVID vaccines](#). Check out what HipHop Public Health says about [Community Immunity](#). [Click for Additional FAQs](#)

HEALTHY EATING

Cucumber Salad

Ingredients:

- 2 large cucumbers
- ½ onion
- ½ cup of apple cider vinegar
- 2 Tbsp brown sugar
- pinch of salt



Directions:

- Cut cucumber and slice onions.
- Mix in the vinegar, sugar and salt
- Suggestion: serve with chicken or meat

GET MOVING

Move MORE

April is [Move More Month!](#)

The American Heart Association has named the entire month of April as Move More Month to increase awareness of the benefits of physical activity and healthy behaviors throughout your day to prevent disease.

Be an [active family](#). Here are [25 tips to keep kids moving](#). Team up with the National Football League for even more great family [tips and challenges](#). Make moving a game. Be a movement role model. Take advantage of every opportunity to move. Everyone benefits with 60 minutes of movement a day.

Remember-Every Move Counts. [Watch here for more tips](#).

KEEP CALM AND...

Ease Vaccine Pain

[Simple steps](#) may help you and your child Keep Calm and Ease Vaccine Anxiety:

- [Distract yourself](#) - look away, music, talk
- Take a deep breath in and hold it;
- Sit upright with your hand resting in your lap;
- Ask the vaccinator to warn you by counting down 3-2-1
- Apply ice to the site about 10 minutes before the vaccination;