

Dignity Health - St. Mary Medical Center

# Navigator

The Bazzeni Wellness Center Community Newsletter

October 2021

## Breast Cancer Awareness Month

### We invite you to a Breast Health Presentation

What will we learn?

- Breast Cancer Risk Factors
- Signs & Symptoms
- Routine Screening Recommendations
- How Every Woman Counts can help

#### English Presentation

Monday, October 11th  
11:00am - 12:00pm

#### Spanish Presentation

Monday, October 18th  
11:00am - 12:00pm

To register please call, 888-478-6279

Via Zoom (*Zoom link will be sent upon registration*)





# Health Education

## World Mental Health Day is October 10, 2021!

This month's lecture will be provided by NAMI Long Beach. NAMI is the nation's largest grassroots mental health organization dedicated to educating, advocating, supporting, and building better lives for the millions of individuals and families affected by mental illness. Please RSVP by calling, 888-478-6279.

### October's Topic: Intro to Cognitive Behavioral Therapy (CBT)

When: Tuesday, October 26, 2021

Time: 11:00 – 12:00pm

Where: Zoom (*details will be provided upon registration*)

---

## National Health Education Week starts October 18 – October 22!

National Health Education Week is focused on increasing national awareness on major public health issues and promoting a better understanding of the role of health education.

Join us on Wednesday, October 20, 2021, to learn about the importance of Health Literacy!

Please RSVP by calling, 888-478-6279

Time: 11:00 am – 12:00 pm

Where: Zoom (*details will be provided upon registration*)

---

Our Community Health Education Department offers a variety of health education programs (*English & Spanish*) to people in our community.

### Classes/Workshops offered:

**Diabetes Empowerment Education Program (DEEP)**

**Living a Healthy Life with Chronic Conditions**

**Fall Prevention**

**Mental Health First Aid**

For more information on our Health Education Programs please contact, Patricia Duarte, 562.491.9109 or Patricia.Duarte@CommonSpirit.Org

## Virtual Tours are still available online.

Visit our website to take a virtual tour.

<https://www.dignityhealth.org/socal/locations/stmarymedical/services/maternal-child-health>

This workshop is conducted in 4 two hour classes.

The classes provide you and your support person with the information you need on: (1) Stages of Labor, (2) Breathing Techniques, (3) Medications, (4) Labor and Delivery Process, and Breastfeeding.

**Class meets every Tuesday**

**Starting, October 5 – October 26th**

**6:00 pm – 8:00 pm**

**To register call, 888-478-6279**

Can't make it to the 4-week series?

Please view our pre-recorded childbirth prep series by accessing link: <https://vimeo.com/578217646>

---

## Laughter Yoga by Scan Health Plan

**English**

**Thursday, October 21 – 10:00 am – 11:00 am**

**Spanish**

**Friday, October 22 – 11:00 am – 12:00 pm**

To register please call, 888-478-6279

Class will be via Zoom, link will be sent upon registration.



# Health Education

## Influenza (Flu) and COVID-19

Influenza (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 first identified in 2019, and flu is caused by infection with influenza viruses. COVID-19 seems to spread more easily than flu. Compared to flu, COVID-19 can cause more serious illnesses in some people. COVID-19 can also take longer before people show symptoms and people can be contagious for longer. More information about differences between flu and COVID-19 is available in the different sections below.

### How Long Symptoms Appear After Exposure and Infection

#### Similarities:

**For both COVID-19 and flu**, 1 or more days can pass between when a person becomes infected and when he or she starts to experience illness symptoms.

#### Differences:

If a person has COVID-19, it could take them longer to experience symptoms than if they had flu.

#### Flu

Typically, a person experiences symptoms anywhere from **1 to 4 days after infection**.

#### COVID-19

Typically, a person experiences symptoms about 5 days after being infected, but symptoms can appear **2 to 14 days after infection**.

### People at Higher-Risk for Severe Illness

#### Similarities:

**Both COVID-19 and flu** illness can result in severe illness and complications. Those at highest risk include:

- Older adults
- People with certain underlying medical conditions (including infants and children)
- Pregnant people

#### Differences:

Overall, COVID-19 seems to cause more serious illnesses in some people.

Serious COVID-19 illness resulting in hospitalization and death can occur even in healthy people.

### Vaccine

#### Similarities:

Vaccines for **COVID-19 and flu** are approved and/or authorized for emergency use (EUA) by FDA.

#### Differences:

#### Flu

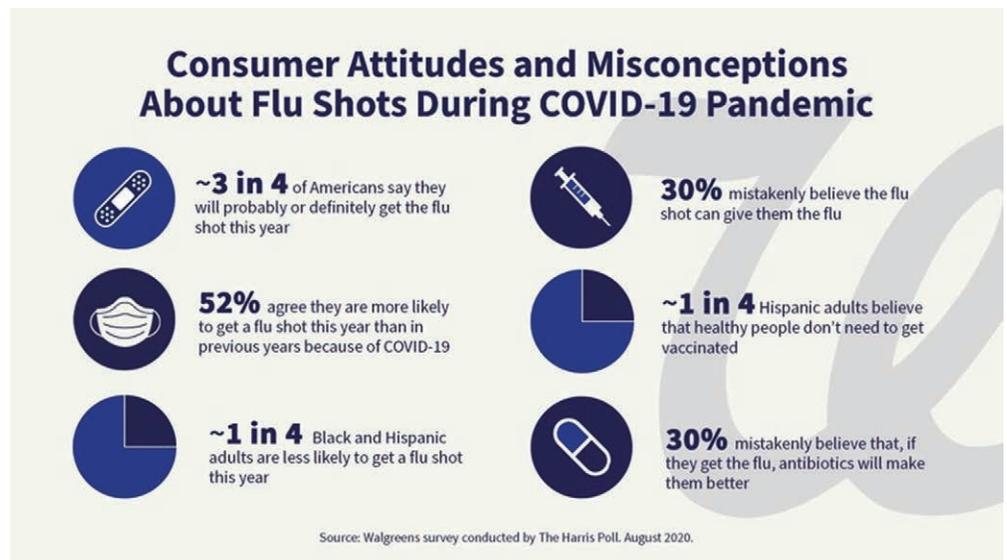
There are multiple FDA-licensed influenza vaccines produced annually to protect against the 4 flu viruses that scientists expect will circulate each year.

#### COVID-19

Three COVID-19 vaccines have been authorized for use by FDA under an EUA. Other vaccines to prevent COVID-19 are under development.

<https://news.walgreens.com/our-stories/could-misconceptions-keep-people-from-getting-the-flu-shot-during-the-covid-19-pandemic.htm>

<https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm>





**Dignity Health®**

**St. Mary Medical Center**

1050 Linden Avenue  
Long Beach, CA 90813

Non-Profit  
U.S. Postage  
**PAID**  
Long Beach, CA  
Permit No. 260

**RETURN SERVICE REQUESTED**

October 2021

**Bazzeni Wellness Center**

**Office is currently Closed**

1027 Linden Avenue, Long Beach  
Office Line: 562-491-9811

**“NEW WAY TO CONTACT US”:**

StMaryCommunityHealth@dignityhealth.org

**STAFF**

Kit G. Katz

*Community Health Director*

Damaris Pelayo

*Community Health Manager*

Patricia Duarte

*Community Health Coordinator*

Nimisha Tomar

*DCIC Program Manager*

If you would like to receive this newsletter directly at home, please contact the **Bazzeni Wellness Center at 562.491.9811.**

Si le gustaria recibir este foyeto en español porfavor llame al 562.491.9187.

---

## Take everyday preventive action to stop the spread of germs.

- **Take everyday preventive actions that are recommended to reduce the spread of flu.**
  - Avoid close contact with people who are sick.
  - If you are sick, limit contact with others as much as possible to keep from infecting them.
- **Cover coughs and sneezes.**
  - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with viruses that cause flu.
- For flu, CDC recommends that people stay home for at least 24 hours after their fever is gone except to get medical care or other necessities. Fever should be gone without the need to use a fever-reducing medicine. Note that the stay-at-home guidance for COVID-19 may be different. Learn about some of the similarities and differences between flu and COVID-19.
- In the context of the COVID-19 pandemic, local governments or public health departments may recommend additional precautions be taken in your community. Follow those instructions.