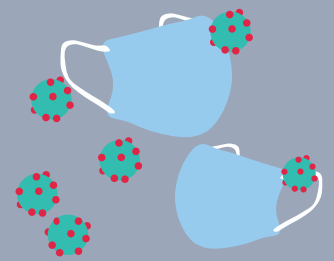


December



Abriendo Caminos Clearing the Path to Hispanic Health

It's December!

In today's newsletter we will be discussing the question most people are thinking about, *when is COVID going to be over?* The short answer is not anytime soon. Scientists have said that even if the pandemic ends, the virus hasn't. This means there still needs to be more research on finding out whether or not the virus can be eradicated.

It is hard to predict for such a broad question, but it is safe to say that life afterward will drastically change. For instance, masks have become part of the everyday lifestyle that everyone in America has participated in. While some areas are more closed-minded and do not respect the mask mandate, so long as you know that wearing a mask is the safest thing you can do to keep yourself and others from getting sick and continuing the spread of the virus. The main issue is herd immunity, which is the main factor as to why we wear masks and have to continue wearing them and other precautions like being around a large group of people, especially while indoors.

Even so, precautions haven't stopped the spread of COVID and created a new winter variant Omicron. First identified in South Africa during Thanksgiving break, nothing much is known of this string of the virus other than it is more mild and very contagious. So far other countries have spotted the Omicron variant, like our neighboring country Canada. And recently spotted in America. It is urgent to follow the precautions and keep wearing a mask. As well as getting a booster shot soon before the virus is spotted in America.

President Biden said that pandemic and virus will never end until globally we work together to get vaccinated against COVID. The best thing to do right now against the Omicron variant is to stay calm, get vaccinated, or get the booster shot and expect another long-distance holiday this winter season.

Resources

[What You Can Do About Omicron — And Any Future COVID-19 Variants | FiveThirtyEight](https://fivethirtyeight.com/features/what-you-can-do-about-omicron-and-any-future-covid-19-variants/)

<https://fivethirtyeight.com/features/what-you-can-do-about-omicron-and-any-future-covid-19-variants/>

[As Omicron Variant Spreads, Will the COVID Pandemic Ever End? \(msn.com\)](https://www.msn.com/en-us/health/medical/as-omicron-variant-spreads-will-the-covid-pandemic-ever-end/ar-AAriwJT?ocid=uxbndlbing)

<https://www.msn.com/en-us/health/medical/as-omicron-variant-spreads-will-the-covid-pandemic-ever-end/ar-AAriwJT?ocid=uxbndlbing>

[Statement by President Joe Biden on the Omicron COVID-19 Variant | The White House](https://www.whitehouse.gov/briefing-room/statements-releases/2021/11/26/statement-by-president-joe-biden-on-the-omicron-covid-19-variant/)

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<https://extension.illinois.edu/blogs/salud-y-familia>



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Stay Healthy!

Quick Shrimp Gumbo

Ingredients

- 1 cup quick-cooking brown rice (uncooked)
- 2 tablespoons extra-virgin olive oil
- 2 cloves garlic, peeled and diced
- 1 onion, diced
- 2 teaspoons Cajun seasoning pre-mix
- ½ teaspoon ground hot or chipotle pepper
- 1 package (16 ounces) frozen bell pepper strips
- 1 can (28 ounces) diced tomatoes, drained
- 1 can (15 ounces) red kidney beans, drained and rinsed
- ½ pound frozen cooked shrimp, thawed (optional)
- 1 cup vegetable broth
- 1 package (16 ounces) frozen cut okra
- Salt and pepper
- Hot sauce



Note:
Recipe courtesy of Oldways and shared with permission.
Originally published here:
<https://oldwayspt.org/recipes/quick-shrimp-gumbo>

Sodium (salt) content varies based on how much salt is added when preparing the recipe.

Add chicken sausage if desired or a vegetarian version by removing the shrimp.

Instructions

Wash hands with soap and water.

Cook the rice according to the package directions. While the rice is cooking, heat the oil over medium heat in a Dutch oven or large pot.

Add the garlic and onion and sauté for several minutes. Add the Cajun spice and pepper and cook, stirring, for two minutes. Add the pepper strips, tomatoes, beans, shrimp, and broth. Stir and bring just to a boil.

Reduce the heat to a simmer, cover, and cook for 10 minutes. Stir in the okra and simmer for 5 minutes longer. Season to taste with salt and pepper. Serve with brown rice and hot sauce on the side.



Image from Pixabay

Quick Shrimp Gumbo | Eat. Move. Save. (illinois.edu)

<https://eat-move-save.extension.illinois.edu/eat/recipes/quick-shrimp-gumbo>



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Quote of the Month:

"You are not lucky to be here. The world needs your perspective. They are lucky to have you."

Antonio Tijerino

Excercise Tip

When exercising in the cold it is essential to remember to check the weather report for any drastic changes to the weather. Thunderstorms, freezing temperatures, and snowstorms are not a good time to be exercising in the outdoors. Exercise indoors with dumbbells or online resources like YouTube tutorials for indoor activity.

Checklist for Productivity

- Buy more disposable face coverings
- Choose one habit you'd like to eliminate and commit to changing it
- Make a "stop doing" list
- Make a "go over later" list
- Make a New Years Resolution list

Resources

COVID-19 Vaccine

The booster shot is very important to get, especially with the new strains of COVID-19 it is essential for your safety and the people around you. To get the booster shot you need to be 18 and older and must've taken the two shots approximately 6 months ago. Below are more resources regarding the booster shot, where to get it, and more.

COVID-19 Vaccine Booster Shots | CDC

Urbana zip code (61801) locations for Moderna (18+):

Vaccines.gov - Find COVID-19 vaccine locations near you

<https://www.vaccines.gov/results/?zipcode=61801&medications=779bfe52-0dd8-4023-a183-457eb100fcc&radius=25&appointments=true>

Pfizer (age 5-11)

Vaccines.gov - Find COVID-19 vaccine locations near you

<https://www.vaccines.gov/results/?zipcode=61801&medications=25f1389c-5597-47cc-9a9d-3925d60d9c21&radius=25&appointments=true>

Pfizer (age 12+)

Vaccines.gov - Find COVID-19 vaccine locations near you

<https://www.vaccines.gov/results/?zipcode=61801&medications=a84fb9ed-deb4-461c-b785-e17c782ef88b&radius=25&appointments=true>

Johnson & Johnson/Janssen (age 18+)

Vaccines.gov - Find COVID-19 vaccine locations near you

<https://www.vaccines.gov/results/?zipcode=61801&medications=784db609-dc1f-45a5-bad6-8db02e79d44f&radius=25&appointments=true>

To locate anywhere in the US for a COVID shot:

<https://www.vaccines.gov/search/>



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