

## **UNITY FOR IMMUNITY**

From

The East Brunswick Advisory Health Council

As a diverse group of healthcare professionals dedicated to community health and wellness, we would like to offer you the following considerations to help you thrive through the COVID-19 pandemic. They stem from our years of experience in the fields of healthcare and research. They are also tempered with compassion and respect for each person's right and responsibility to make informed decisions that are in the best interests for themselves, their loved ones, and our community.

Healthcare professionals are not the first line of defense against COVID-19. Community members are. Healthcare providers are the second line of defense that kicks in when the first line of defense fails.

### **STICK TO THE BASICS**

- Wear your mask and observe physical distancing guidelines
- Wash your hands in hot water with soap while singing "Happy Birthday" twice.
- Stay home if you are sick, except to receive care from your healthcare provider
- Get tested if you develop symptoms or if you've been in close contact with someone who has a COVID-19 infection.

### **CHECK OUT THE COVID-19 VACCINES**

- For the most up to date information, consult your doctor, the East Brunswick Public Library, and Middlesex County Health Department. We will also provide you with additional updates as more information comes to light.
- Clinical trials on the populations studied to date have shown the new COVID-19 vaccines to be safe and effective.
- If you want to be vaccinated, discuss a timeline and plan with your doctor, and keep an eye on information as described above.
- If you are undecided, consult with your doctor for professional guidance.
- If we can reach 70% herd immunity, that would be a great step towards returning to normalcy.

### **MAKE TIME FOR WELLNESS**

- Get outside for a break and breathe fresh air.
- Exercise, get your rest, eat well-balanced meals.
- Identify and remove interferences to your body's energetic system. The better energy flows, the better your body's systems can work. This includes chiropractic, acupuncture, yoga, and reiki.
- Stay positive – test negative!

With **Unity for Immunity**, we can start to bring life in East Brunswick back to normal. We all look forward to a day when our restaurants are full, our stores are crowded, and our schools are fully open. With your help, we can move to this reality sooner if we all choose to take the appropriate action now.

Wishing everyone Happy Holidays and a Happy New Year, and that you, your family, and loved ones stay safe and healthy.

The EB Advisory Health Council

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