



# 2020 Virtual Wellness Day

*November 5, 2020*



# A few virtual housekeeping details...

A pink rake with a wooden handle is positioned diagonally across the frame, resting on a large pile of dry, yellow and orange autumn leaves. The background is a soft-focus view of trees with similar foliage, suggesting an outdoor setting in fall.

- Use the chat box to comment or ask questions - **make sure your “To” is set to All panelists and attendees**
  - Take a moment to practice, open the chat box, change the setting, and type in your name, where you serve, and something that brings you joy
- Please do your best not to multitask , your engagement is important
- Turn up computer volume
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# Welcome and Opening Prayer

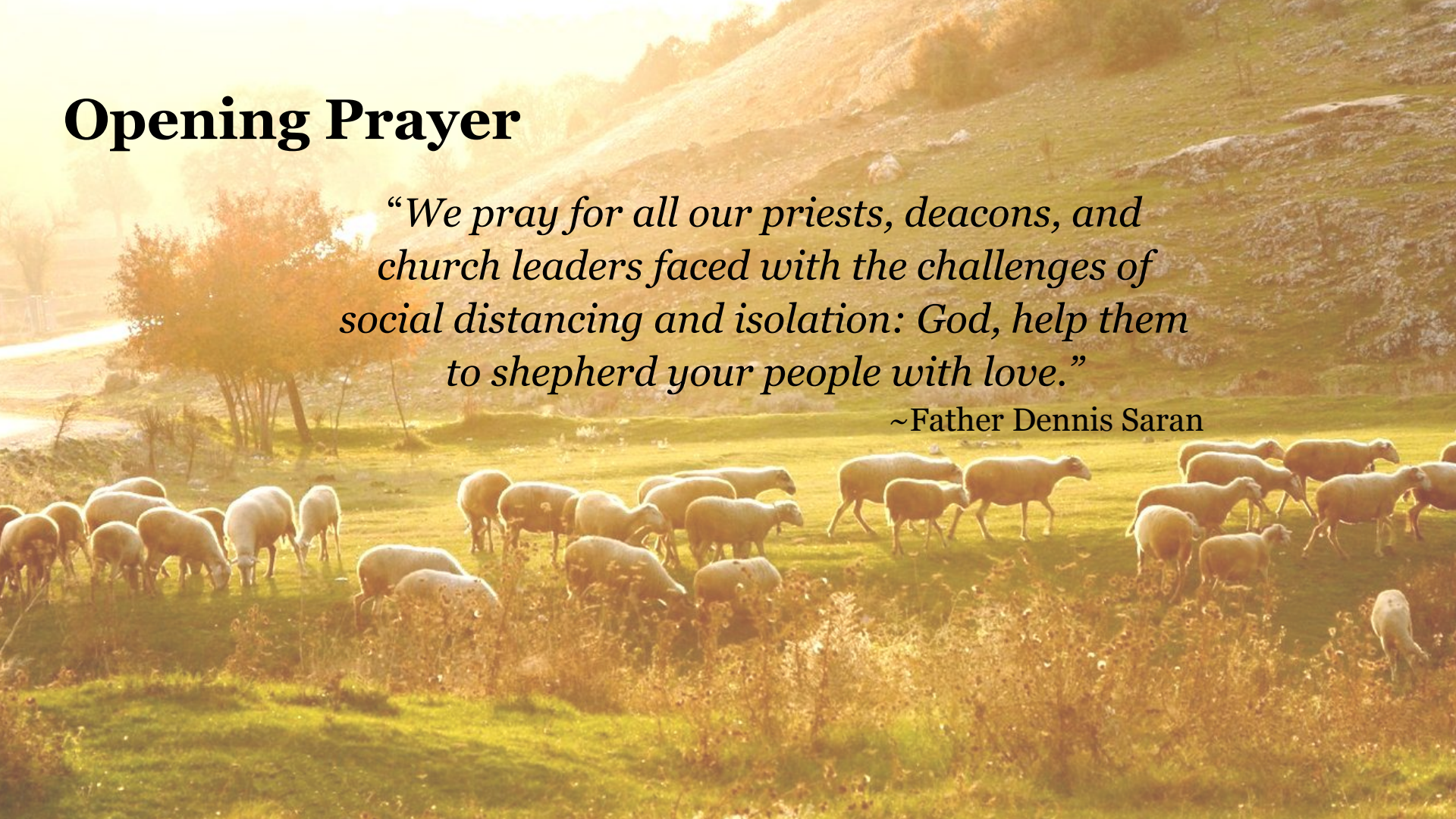
*Father Dennis Saran, Wellness Chair*



# Opening Prayer

*“We pray for all our priests, deacons, and church leaders faced with the challenges of social distancing and isolation: God, help them to shepherd your people with love.”*

*~Father Dennis Saran*







**“That They May Be One”**  
**A Theology of Wholeness, Integrity and Health**

*Reverend John B. Burns, Vocation Promoter and  
Promotion of Women’s Religious and Consecrated Life*

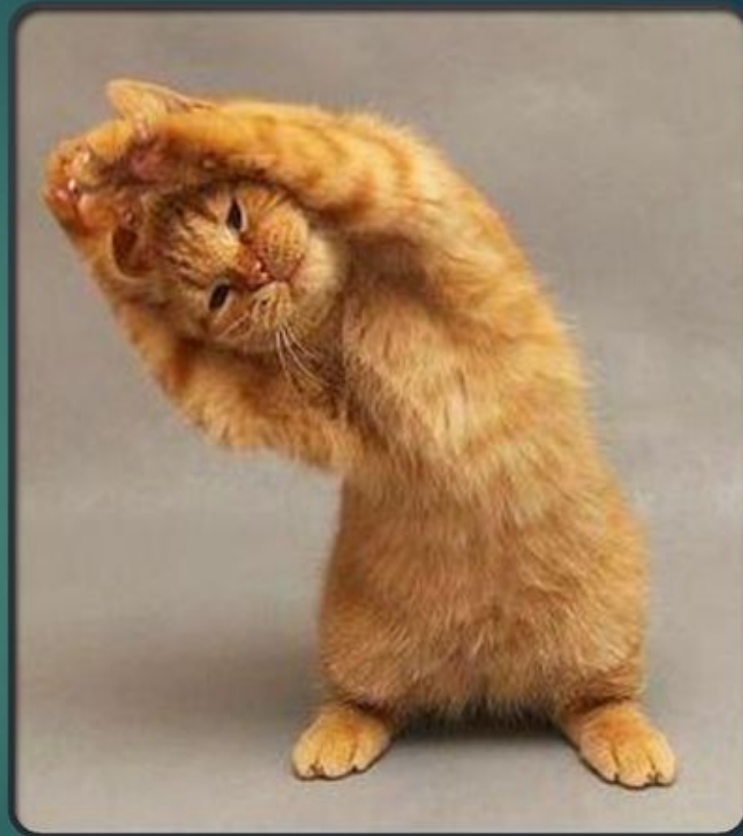


A photograph of three large, ripe orange pumpkins resting on a bed of dry straw. The pumpkins are positioned in a row, with the middle one being the most prominent. The background is a dark, vertically-planked wooden wall. The lighting is bright, casting soft shadows on the straw. Overlaid on the middle pumpkin is the text "Time for Q & A" in a white, serif font.

**Time for  
Q & A**

## Take a break!

- ▶ Give your eyes a break from the screen.
- ▶ Stretch out your arms and hands. Make a fist, clinch, then stretch your fingers.
- ▶ Stand up and stretch your back.







# **COVID-19 Today**

*Dr. Patricia Golden, Medical Director  
Ascension*



# What Are Flu vs. Covid-19 Symptoms?

## Flu Symptoms

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu is different from a cold. Flu usually comes on suddenly. People who have flu often feel some or all of these symptoms:

- fever\* or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)
- some people may have vomiting and diarrhea, though this is more common in children than adults.

\*It's important to note that not everyone with flu will have a fever.

## Covid-19 Symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.



# When to Seek Emergency Medical Attention

Look for emergency warning signs\* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face
- 

\*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>



# Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



Stay at least 6 feet  
(about 2 arms' length)  
from other people.



Cover your cough or sneeze with a  
tissue, then throw the tissue in the  
trash and wash your hands.



When in public,  
wear a mask over your  
nose and mouth.



Do not touch your  
eyes, nose, and mouth.



Clean and disinfect  
frequently touched  
objects and surfaces.



Stay home when you are sick,  
except to get medical care.



Wash your hands often with soap  
and water for at least 20 seconds.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

2020-4 Report, 2020-2418

## What Can I Do to Help Slow the Spread?

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A photograph of three large, ripe orange pumpkins resting on a bed of dry straw. The pumpkins are positioned in front of a dark, vertically-plank wooden wall. The central pumpkin is the most prominent, with the text 'Time for Q & A' overlaid on it in a white, serif font. The lighting is bright, casting shadows on the straw and the wall.

**Time for  
Q & A**



# Where Can I Get A Flu Shot

- Make an appointment with your primary care doctor
- CVS Pharmacy
- Walgreens
- Walmart Pharmacies
- Target Pharmacies
- Milwaukee Health Department Pop-up Clinic





# Announcements

## Mark your calendars:

### **2021 Priest Wellness Fair**

Wednesday, October 27, 2021 | 10am to 1pm

Ascension - SE Wisconsin at Mayfair Road - Wauwatosa, WI

201 N Mayfair Rd | Milwaukee, WI 53226, USA



A close-up photograph of autumn foliage. The image features several branches with leaves in various shades of red, orange, and yellow. Interspersed among the leaves are numerous small, round, red berries, some of which appear to be in the process of ripening or are already ripe. The background is softly blurred, showing more of the same foliage, creating a sense of depth. The overall lighting is natural, highlighting the textures and colors of the leaves and berries.

# Closing Prayer

*The Most Reverend Jerome Edward ListECKi*

A still life photograph featuring several pumpkins and autumn leaves. The central focus is a red pumpkin with yellow and white stripes and speckles. To its left is a large, detailed brown leaf. In the foreground, there are green leaves. A white rectangular tag with a dotted border is placed over the scene, containing the text 'THANK YOU' and a small brown heart icon. The background is dark and out of focus, showing more pumpkins.

THANK  
YOU ♥



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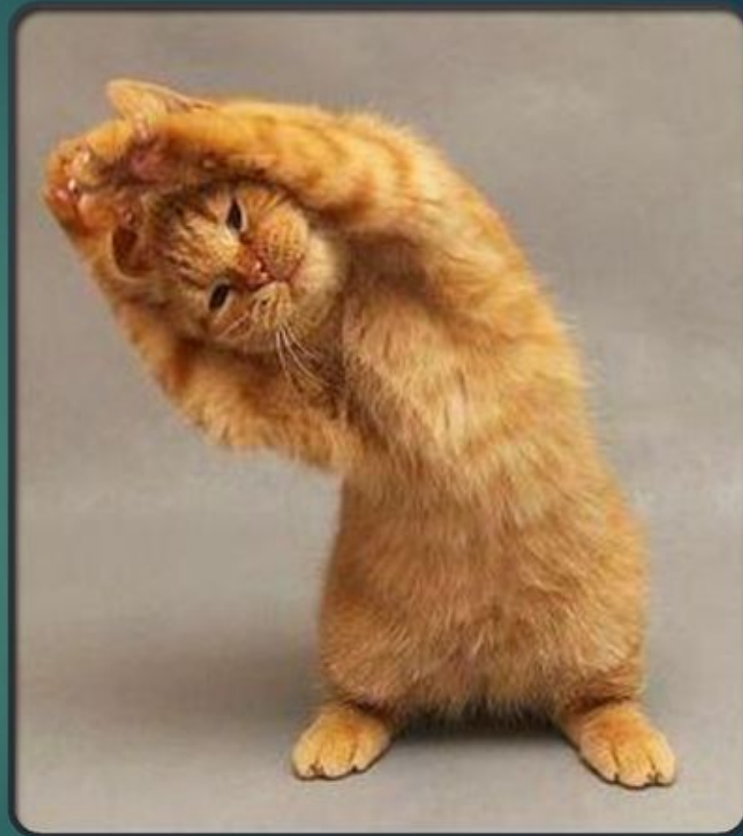
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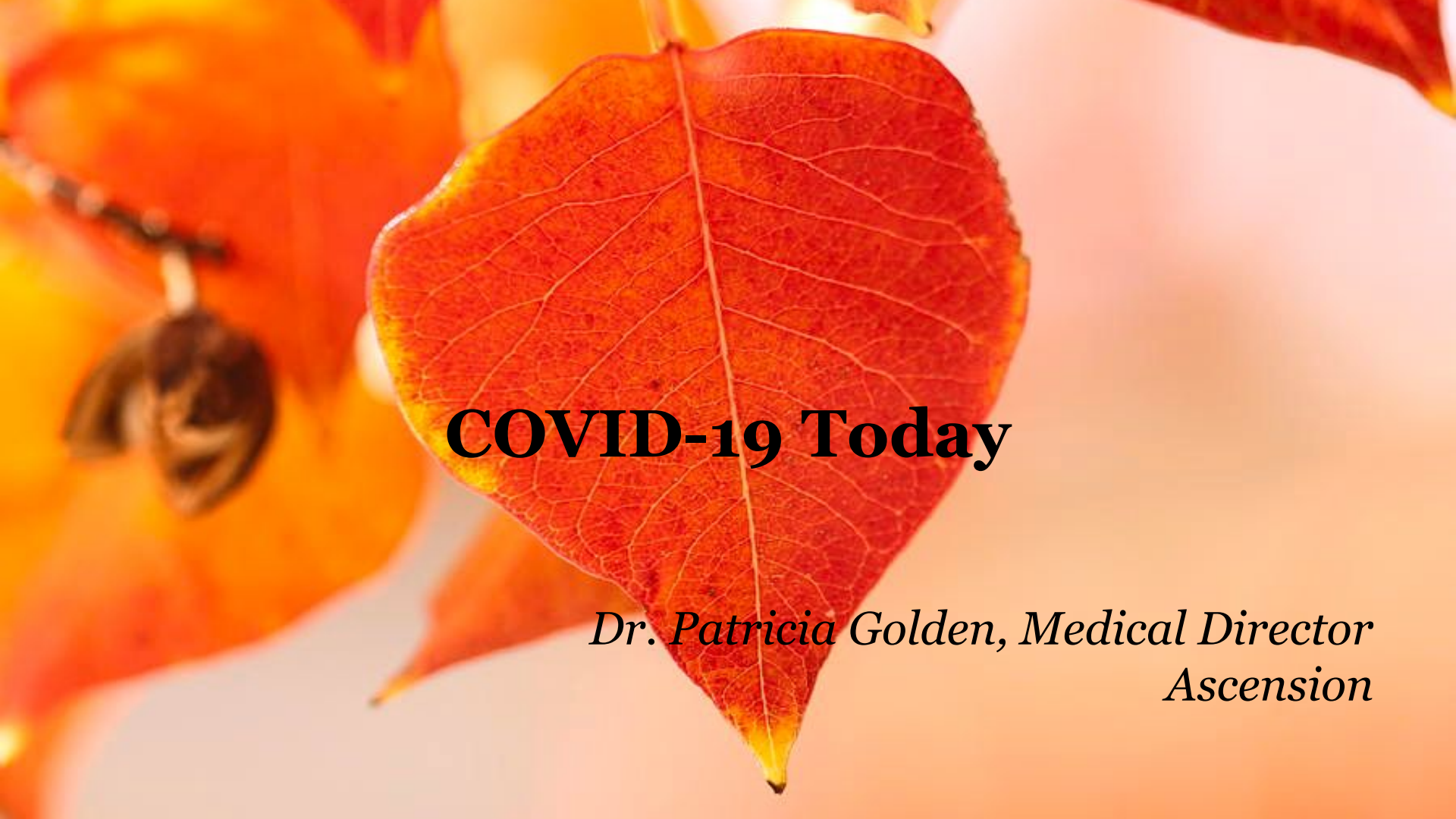
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