

Many people have the virus but don't know they have it because they have no symptoms. Wearing a mask protects yourself and others and lowers the chance of getting and spreading the virus.

Unvaccinated: Wear a mask at all times when you are around other people. Wear a mask in public places and in crowded outdoor spaces. Best to avoid crowded spaces indoor and outdoor. For the best protection, you should both physical distance and wear a mask.

Vaccinated: Wear a mask in public indoor settings. Consider wearing a mask in crowded outdoor spaces and around the unvaccinated. If you have a chronic disease or bad immune system wear a mask when around others and physically distance.

Who Should Get Tested (Testing places are posted in your building)

Anyone who has symptoms of COVID-19 should test immediately. Stay at home until you receive your test results. Follow the advice given to you when you get your test results. People who do not have symptoms, but have been around someone that has tested positive for COVID-19:

- People who are fully vaccinated should get tested 3-5 days after being with someone who tested positive with COVID-19. Wear a mask in public indoor settings for 14 days. If you develop symptoms any time during that 14 days get tested immediately. **If you test positive** stay home and follow health department guidelines that will be given to you when you get your results.
- People who are not fully vaccinated should stay at home and be tested 3-5 days after being with someone who tested positive with COVID-19. **If negative result**, continue to stay home and monitor for symptoms through day 14. If negative, you can get tested again on day 6 - 7 and if negative results you can be around others again with a mask on and continue to monitor for symptoms through day 14. If you get symptoms at any time, get tested immediately. If you test positive stay home and follow health department guidelines that will be given to you when you get your results.

Further Questions:

General COVID-19 information: www.co.winnebago.wi.us/health
Vaccine site and information: www.wcvaccine.org
COVID-19 Information Hotline Mon-Fri 8am-4pm Call: 232-3026

Submitted by Teresa Paulus, R.N.



Tower Times



Volume 10, Issue 9
September 2021

Court Tower Apartments 100 Court St., Oshkosh, WI 54901

Stepping On

A falls prevention program aimed at educating participants and building confidence to reduce and eliminate falls.



- Improve balance and build strength
- Identify and remove fall hazards
- Recognize your risk of falling
- Safely navigate your home and community

REGISTER:
Call: (920) 232-3000
Winnebago County
Health Department

OSHKOSH
SENIORS CENTER - SOUTH
200 N Campbell Rd.
Thursdays 1-3pm
Sept 9 – Oct 21

GO TO
WINNEBAGOPUBLICHEALTH.ORG
FOR MORE INFORMATION ON CLASSES



Manager's Corner

- We will be starting to do unit inspections again. Please take the time to prepare and clean up your unit. Notices will be sent prior to inspections.
- Please let management know right away if you see any bugs or pests in your unit. It is your responsibility, as our tenant, to let us know because it is much easier to take care of a small problem rather than a large problem. We do pay for bug treatments.
- No open beverages in common areas. Use a covered container.
- No personal items are allowed outside your apartment door. Please remove any items by Wednesday, 9/8/21 or items will be removed by management.
- No bikes in hallways or apartments. Bike storage is provided with the bike rack outside or in the bike garage.

Lora Southworth, Property Manager, Court Tower & Waite Rug Place
Office: 920-303-5400 Fax: 920-424-7649 Email: loras@ohawcha.org



The Housing Authority Offices will be closed on Monday, 9/6/21 in observance of Labor Day.

They will reopen at 8:00 AM on Tuesday, 9/7/21.

Wishing everyone a safe, enjoyable Labor Day weekend.

to vaccines.

Pfizer vaccine has now received full FDA approval. It will now be called Comirnaty.



Receive \$100 Visa Gift Card if you get your **first dose** of the COVID-19 vaccine between now and Labor Day Sept. 6th.

Go to www.dhs.wisconsin.gov/covid-19/100.htm or Call 877-947-2211 or 211.

You may also ask the Social Worker in your building to assist you with this.

Additional Dose: People who have weak immune systems may not have developed good immunity with the original doses and are recommended to get an additional dose of Pfizer or Moderna to increase their immune response so they have improved protection against COVID-19. Talk with your health care provider to see if you qualify for this.

A “**Booster Dose**” is a supplemental vaccine dose given to people when the immune response to a primary vaccine series is likely to have decreased over time. Look for information to come soon on this.

Fully vaccinated people can:

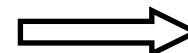


- Participate in many of the activities that they did before the pandemic; for some of these activities, it is recommended to wear a mask (See below)
- Resume travel in the United States and refrain from testing before or after travel and from self-quarantine after travel.



Masks: Because the Delta variant is so contagious, making people more ill with COVID-19, and because people are still not vaccinated, wearing masks with the following recommendations are needed to stop the spread of this variant.

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SYMPTOMS OF COVID-19

Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. People with these symptoms may have COVID-19. This list does not include all possible symptoms. Call your doctor to discuss:

Fever or chills	Headache
Cough	Sore Throat
Shortness of breath	Congestion or runny nose
Difficulty breathing	Fatigue
Muscle or body aches	New loss of taste or smell
Diarrhea	Nausea or Vomiting

Call 911 If someone is showing any of the following signs:

Trouble breathing	Constant pain/pressure in chest
New confusion	Inability to wake up or stay awake
Pale, gray, or blue-colored skin, lips or nail beds	

TOP Things You Should Know

Vaccination provides the best protection against the Delta variant which is highly contagious and is spreading rapidly among people who haven't gotten the vaccine.

At this time, as we build the level of vaccination nationwide, we must also use all the prevention we can, including masking indoors in public places, to stop spreading the disease.

Get tested as recommended. This helps to identify COVID-19, so measures can be taken to prevent spread of the disease.

Vaccinations (Vaccine sites are posted in your building)

Vaccines work by helping your immune system to produce antibodies which fight the virus that causes COVID-19, just like if you were exposed to the disease.

There are 3 different brands of the vaccine: Moderna, Pfizer, and Johnson and Johnson (J&J). All are effective against COVID-19. None of the vaccines contain a live virus so they cannot give you COVID-19.

Fully vaccinated means: 2 weeks after your second dose in a 2-dose vaccine (Moderna and Pfizer) or 2 weeks after the one dose vaccine (Johnson and Johnson-J&J).

No vaccine is 100% effective. There can be breakthrough illness if you are vaccinated, but symptoms are milder and less chance of hospitalization and death than unvaccinated.

Issuing an Emergency Use Authorization (EUA) shortened the official process, but did not skip any safety steps. For example, the FDA invited more experts to review than usual. With all hands-on deck, the review process was shortened. The EUA allowed faster public access

What You Need to Know About COVID-19 Now: submitted by Teresa Paulus, R.N.

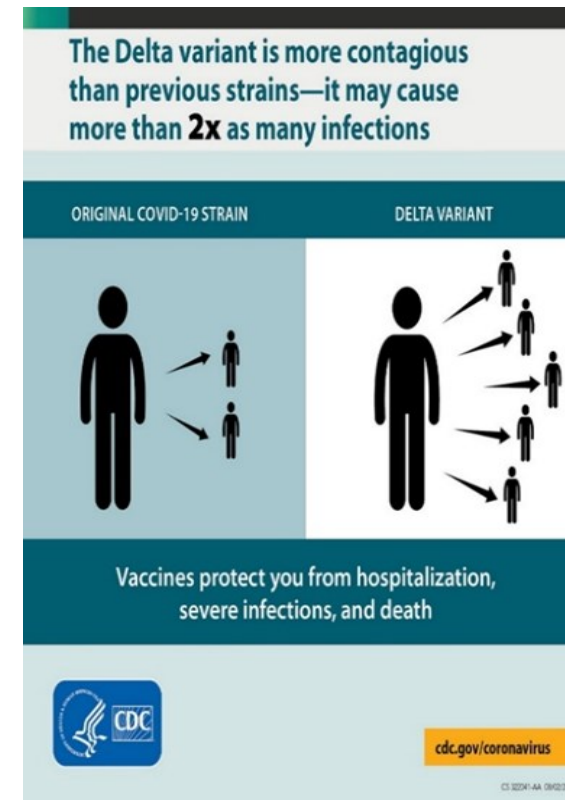
COVID-19 is on the rise again

Winnebago County (On 8/19/21)

- 464 COVID-19 cases in the past 2 weeks, a 26% increase from the prior 2 weeks.
- COVID-19 cases have increased each week since our lowest point in mid-June.
- Average number of new cases each day is 40 and climbing.
- Total number of COVID-19 deaths 196.

Current Data from the Wisconsin Department of Health Services (DHS):

- The rate of COVID-19 infection is higher among people who are not fully vaccinated.
- People who were not fully vaccinated were nearly 3 times more likely to test positive and were hospitalized for COVID-19 at a rate almost 4 times higher than not fully vaccinated people.



Delta Variant Causing COVID-19

Viruses constantly change causing changes in the original virus. This new variant (or strain) that causes COVID-19 is called Delta Variant. The original virus was called SARS-CoV-2. Most COVID infections now are caused by the Delta Variant.

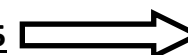
The Delta variant causes more infections and spreads faster than the original virus that caused COVID-19. Both vaccinated and unvaccinated can spread it to others.

Data suggests the Delta variant might cause more severe illness than the previous strain in unvaccinated people.

The greatest risk of transmission is among unvaccinated people who are much more likely to contract, and therefore transmit the virus.

no vaccine is 100% effective. Symptoms usually are milder and last a shorter time than in the unvaccinated.

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Court Tower Staff
Lora Southworth: Property Manager
 920-303-5400 loras@ohawcha.org
Jane Spietz: Social Service Coordinator
 920-424-1483 janes@ohawcha.org
Josh Wendt: Maintenance
Linda Breitzman: Housekeeping
After Hours On Call Emergencies:
 920-966-4235

Nurses Teresa Paulus & Lori Duclon: Call them at 920-424-1470 Ext. 124 to schedule an appointment.

Nurse Open Hour: cancelled until further notice.



Court Tower Office Hours

Hours or services may differ due to COVID-19.
 All of Lora and Jane's phone calls are being forwarded to our work cellular phones which are on us all of the time.

Lora: 920-303-5400 loras@ohawcha.org






Jane: 920-424-1483 janes@ohawcha.org

Court Tower Mealsite
920-420-1994

Court Tower Room Directory

Room 205 - Den
 Room 405 - Nurses' Office, Salon
 Room 805 - Community Room
 Room 1205 - Fitness Room

Court Tower September 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 2ND FLOOR INSPECTIONS 1:30 - 4:00 PM	2	3	4
5 HOUSING AUTHORITY OFFICES ARE CLOSED ON LABOR DAY	6 <i>Labor Day</i>  LABOR DAY	7	8	9	10	11 <i>Patriot Day</i>  PATRIOT DAY 
12 <i>Grandparents Day</i> 	13	14 BUG DAY 6TH FLOOR	15	16	17	18
19	20	21	22 <i>Autumn Begins</i> 2ND FLOOR INSPECTIONS 1:30 - 4:00 PM	23	24	25
26	27 VIRTUAL OHA BOARD MEETING 3:30 PM	28	29	30 