

Stay up to date with COVID-19

When the world faced the COVID-19 pandemic, our behaviors, medical practices, and economy were all affected and had to shift in some way. Society overcame many challenges, including the loss of businesses and school systems closings. While many faced hardships, they inevitably learned to adapt and move forward together as communities, and with the development and widespread distribution of vaccines and boosters, progress was made.

We as a society have come a long way since the beginning of this pandemic. As we continue to move forward, we must recognize the virus is still here and will remain important to remain aware of the seasonal flu or respiratory syncytial virus. We must continue staying alert and up to date on the latest information regarding COVID-19.

Great results have been achieved in managing COVID, but the virus was still very prevalent last year with 96,752,266 cases confirmed in the United States from January 3rd to November 11th of 2022. According to the South Carolina Department of Health and Environmental Control, there were 1,780,649 cases reported on the last day of 2022. For the near future, it will remain a good idea to be familiar with vaccination and COVID-19 data for your area and follow the local, state, and federal safety guidelines. Through good public health practices, we can continue protecting ourselves and our loved ones.

What can I do to protect myself and others?

- Wear a facemask in public indoor spaces.
- Maintain at least six feet of distance between yourself and others.
- Avoid large gatherings.
- Socialize outdoors.
- Get vaccinated and boosted as soon as you are eligible.
- Avoid close contact with people who are sick.
- Minimize touching your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean frequently touched objects and surfaces regularly.
- Wash your hands often with soap and water.

Getting vaccinated

Delivering At-Home Testing Kits

To help ensure that Americans have tests on hand, the Biden Administration has purchased one billion at-home, rapid COVID-19 tests to give away to American households for free. People now have the option to order these kits online at [COVIDTests.gov](https://www.covidtests.gov). To ensure broad access, the program limits the number to four tests to be sent to each residential address.

Older adults and people with disabilities

It is crucial to stay up-to-date on vaccinations for older adults and people with disabilities. Many aging and disability organizations across the nation are working to educate people about the

latest vaccines and help older individuals overcome any logistical challenges they face in getting vaccinated.

- The Administration for Community Living ([ACL COVID-19 webpage](#)) provides resources and information for older adults and people with disabilities, including resources for people with COVID-related disabilities.
- The [Disability Information and Assistance Line \(DIAL\)](#) can be reached by calling 888-677-1199 or by emailing DIAL@usaginganddisability.org.

Local South Carolina Resources for COVID-19

SCDHEC

Guidance for persons exposed to COVID-19

- https://scdhec.gov/sites/default/files/media/document/CR-012601_0.pdf

A treatment guide for patients

- <https://scdhec.gov/sites/default/files/media/document/COVID-Treatment-Patient-Fact%20Sheet-20210119.pdf>

Schools and Childcare Center Resources

- <https://scdhec.gov/covid19/schools-childcare-centers-covid-19>

Sources

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- Centers for Disease Control and Prevention. COVID Data Tracker. Atlanta, GA: US Department of Health and Human Services, CDC; 2022, December 09. <https://covid.cdc.gov/covid-data-tracker>