



# Petersburg Medical Center

103 Fram Street  
PO Box 589  
Petersburg, AK 99833

Phone: 907-772-4291  
Fax: 907-772-3085  
<https://www.pmcak.org/>

## PRESS RELEASE

Date: December 23, 2021  
From: Petersburg Medical Center



**You're a mean one Mr. Grinch:** Don't let the Grinch steal Christmas! PMC reports 3 additional cases today. Our active case count is 9. Help our community steal back Christmas and stay safe. Here's what we recommend!

**I'll be home for Christmas:** Traveling for the holidays or have family coming to visit? Test 2 days prior to gathering and on the morning of gathering. Antigen tests are available at Joy Janssen Clinic, Rexall, Public Health, Fire Department, Police Station, Public Library, and PIA. If you test positive on your home test, don't wait to seek medical care especially if you are considered high risk with other medical conditions. Monoclonal antibodies need to be started early for the best success. A PCR test to confirm your home antigen test will provide the necessary documentation to prevent future need for quarantine. PMC testing opportunities are:

- **Travel Testing:** Dec. 24 and 27-31, Noon - 4:00pm at PMC Emergency Department Entrance
- **Asymptomatic and Symptomatic Testing:** Call the COVID Information Line at 907-772-5788 to schedule a test through the clinic.

**Baby it's Cold Outside:** If it's safe to do so, open windows and doors to bring fresh air in your house, even slightly allows air flow and minimizes air shared with others. If opening windows or doors is unsafe or too cold, consider other approaches for reducing virus particles in the air, such as using air filtration and bathroom and stove exhaust fans. Have fun with masks when your gathering includes people outside of your immediate household or social bubble.

**I Saw Mommy Kissing Santa Clause:** If Santa's in your social circle, kiss away! Distance yourself around others, even while outside standing in line for that lovely pastrami sandwich or cup of eggnog. If the lines get tight, wear a mask to protect yourself and those around you.

**You're My Christmas Present:** It's not too late to treat yourself to a Christmas gift! To schedule your first, second, or third dose call PMC (907-772-5788) or Public Health (907-772-4611). All three COVID-19 vaccines including pediatric Pfizer doses are available in Petersburg.

###

## Keep Santa Healthy...

...And make sure your health is on the nice list

- Lack of sleep**  
**NAUGHTY:** Working some seriously long hours and a lack of shuteye can turn jolly St. Nick grouchy and even lead to heart disease.  
**NICE:** Sneak in a nap. 20-30 minutes can improve mood, alertness and performance.
- Stress**  
**NAUGHTY:** Checking an enormous list twice is stressful work when you add North Pole decorating and gift building. That stress puts Santa at risk for things like asthma and digestive problems.  
**NICE:** Take 15-20 minutes to quietly reflect daily. Avoid alcohol and exercise regularly.
- Weight gain**  
**NAUGHTY:** A diet of cookies, milk and hot cocoa is bound to take a toll. Santa has battled pre-diabetes for years, and has gained about 1-2 pounds each holiday season (same as the average person).  
**NICE:** Focus on portion control and pack healthful snacks when traveling to avoid hunger cravings.
- Inactivity**  
**NAUGHTY:** Santa sits. A LOT. Whether at his workshop, in a mall or on his sleigh. Sitting too much can lead to obesity and diabetes.  
**NICE:** Sneak in time on your feet. Take a daily 30-minute walk and 10-minute breaks to stand and stretch every hour.

Source: Marshfield Clinic  
1078-000

**Marshfield Clinic**  
Don't just live. Shine.