



# The Outer Banks Hospital Health Coach

Allow The Outer Banks Hospital to be your personal health coach.

## The Benefit of Getting the COVID-19 Vaccine

Today, we enjoy a life expectancy almost double that of what our ancestors enjoyed just one century ago. Interestingly, the development of vaccines against infectious disease is actually responsible for much of this gain in life expectancy.

Over the past year, COVID-19 has sickened and killed millions of people worldwide. And now that COVID-19 vaccines are becoming available in the U.S., there is understandably some concern about receiving them. But according to the Centers for Disease Control and Prevention (CDC), safety is a top priority, and routine processes and procedures remain in place to ensure the safety of any vaccine that is authorized or approved for use.

Currently, two vaccines (Pfizer and Moderna) have been authorized in the U.S. by the Food and Drug Administration and recommended by the CDC.

Both have been tested in clinical trials to determine that they are highly effective in stimulating our body's ability to develop immunity and protect us from the disease. For that reason,

they are a critical tool in stopping the pandemic, resuming normal life, and protecting ourselves from this disease.

Both of these vaccines require two doses. The first shot starts building protection. The second shot a few weeks later is needed to get the most protection the vaccine has to offer.

People who have taken COVID-19 vaccines report that side effects including pain, chills, swelling, fatigue, fever, and headache are usually mild and go away after several days. These mild side effects are a normal sign that the body is building protection.

In addition to protecting ourselves, it's paramount to encourage our loved ones who are more vulnerable to consult with their healthcare provider about getting the vaccine.

"I can't think of anything that's more important than the ability to have a head start within our bodies to prevent severe illness," said Daniel Dwyer, MD, chief of staff at The Outer Banks Hospital and lead provider at Outer Banks Women's Care. "I am advocating



*Dr. Daniel Dwyer, frontline healthcare worker and chief of staff at The Outer Banks Hospital is administered the very first COVID-19 vaccine in Dare County by occupational health nurse Julie Tillett, RN.*

this for myself—as I've already taken it—my staff, all the people who work with me, my family, and my friends because I live in the world where I see the effect on the severely ill, and if we can prevent that, we should do everything in our power to make that happen."

As we learn more about how COVID-19 vaccines work in real-world conditions, it is critical to continue using all the tools available to help stop the pandemic. This includes covering the nose and mouth with a mask, maintaining social distancing, and washing hands often.

### Facts About COVID-19 Vaccines

Now that the COVID-19 vaccines are authorized and recommended, it's important to understand the facts so that you can make informed decisions for yourself and your family. Make sure to consult with your healthcare provider if you have concerns about the vaccines.

#### 1. Can the COVID-19 vaccines give me COVID-19?

No, none of the COVID-19 vaccines currently in development or in use in the U.S. contain the live virus that causes COVID-19.

#### 2. Do the vaccines stop transmission between people?

It is unclear whether vaccines prevent transmission. The Pfizer-BioNTech and Moderna clinical trials didn't track cases of asymptomatic infections with COVID-19, which means that the ability of the vaccine to decrease transmission was never evaluated.

#### 3. Can I still get the coronavirus even though I get the vaccine?

It typically takes a few weeks for the body to build immunity after vaccination. That means it's possible a person could be infected with the virus that causes COVID-19 just before or just after vaccination and get sick. This is because the vaccine has not had enough time to provide protection.

#### 4. When will I be able to get the vaccine?

While there is currently a limited supply of COVID-19 vaccine in the United States, the supply will increase in the weeks and months to come. The goal is for everyone to be able to easily get vaccinated against COVID-19 as soon as quantities are available and to have it administered through doctors' offices, retail pharmacies, hospitals, and federally qualified health centers.

## Know Before You Go

### COVID-19 Testing

For those traveling or gathering with family and friends, knowing whether you are carrying the COVID-19 virus is vitally important.

**For more information,  
call (252) 449-6175.**



4917 S Croatan Hwy, Suite 1E | Nags Head, NC 27959

The Outer Banks Testing Center is affiliated with The Outer Banks Hospital.



Winter 2021

# Health Coach



The With Love Gala to Go offers everything you need to enjoy the Hospital Gala from the comfort of your home. Your package will include a five-course Italian meal for two by Dawn's Kitchen Catering, along with wine, and flowers by Holiday House. Proceeds from the Gala to Go will benefit The Outer Banks Hospital Cancer Center.



The price per box is \$150.00. Purchases can be made by scanning the QR code to the left. At the time of purchase, you will have the opportunity to select your appetizers, main courses, and desserts. Boxes will be available for pick-up on Saturday, February 13, 2021 in Nags Head or Kitty Hawk. To find out more about the Gala to Go, please call 252-449-5933.

## Support for Cancer Patients and Their Caregivers

A cancer diagnosis can be overwhelming and the journey through treatment and beyond for everyone involved is challenging. That's why The Outer Banks Hospital offers several free programs and support groups for people affected by cancer.

### Support Groups:

Coping with Cancer Support Group – meets on the 2nd Wednesday of each month from 11:00am-Noon

Breast Cancer Support Group – meets on the 3rd Wednesday of each month from 11:00am-Noon

Caring for the Caregiver – meets on the 4th Wednesday of each month from 11:00am-Noon

For more information or to reserve your spot, please contact Janet Creef, LCSW, at 252-449-2314 or by email at [Janet.Creef@theobh.com](mailto:Janet.Creef@theobh.com).

### Look Good, Feel Better

Does cancer treatment have you feeling sluggish and looking a little bit less like yourself? Now being offered virtually, licensed beauty professionals will show you how to use make-up and skincare products to bring back your natural beauty and lift your spirits. For more information or to register for a virtual session, please contact Marie Neilson at 252-449-5935 or by email at [Marie.Neilson@theobh.com](mailto:Marie.Neilson@theobh.com).

## The Winter in Your Backyard Raffle

How would you like to transform your backyard into a cozy winter retreat? The Winter in Your Backyard Raffle offers a chance for a package that includes everything you need to stay close to home and enjoy the company of your family around a warm fire. Snuggle up in an Adirondack chair with a Yeti full of hot cocoa and a warm OBX blanket. Share an outdoor meal with dessert while music fills the air.

This year's raffle includes a fire pit, Oklahoma Joe's smoker, four Adirondack chairs, dinner and dessert for ten from Dawn's Kitchen Catering, a Bose Bluetooth speaker, four OBX blankets, and four Yeti Rambler mugs.

The value of the raffle package is \$3,500 and the price per ticket is \$20.00. Tickets are available online using the QR code to the right or in person at Kellogg and Cottage Shop stores. One winner will be selected on February 13, 2021 at 6pm and will be announced on the Hospital's Facebook page.

**For more information, please call 252-449-4529.**

### ■ Stroke Support Network – Coming Soon!

The stroke support network will be held virtually on a monthly basis providing socialization, support, and education for people who have had a stroke. This group will be open to stroke patients, their families, and loved ones. For questions or to preregister, call Robin South at 252-449-4554.

### ■ Diabetes Prevention Program – Starting February 2021

Class will start virtually with the goal of meeting in person later in 2021 at The Outer Banks Hospital. If you have been identified as pre-diabetic, join our FREE year-long diabetes prevention class. Participants will learn how to make lasting lifestyle changes and receive support through these changes with the goal of preventing the onset of type 2 diabetes. Classes include cooking demos, guest speakers, giveaways, and more! For more information or to reserve a spot, call Alex Batschelet at 252-475-5069 or email [alex.batschelet@darenc.com](mailto:alex.batschelet@darenc.com).

### ■ Blood Connection Blood Drives

The Blood Connection will be hosting two community blood drives in the Outer Banks. All donors will receive free COVID-19 antibody testing and a VISA gift card. All donors are asked to make an appointment to best control social distancing. For more information, please call 252-449-4529.

Wednesday, February 10 | 8:00am-1:00pm

TOBH Main Entrance | 4800 S. Croatan Hwy, Nags Head

**TBC DONOR CARD OR PHOTO ID REQUIRED.**



Saturday, March 6 | 10:00am-3:00pm

Outer Banks Family YMCA | 3000 S. Croatan Hwy, Nags Head

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