

LincolnHealth

News You Can Use

January 25, 2022

The Latest on Masking

Masking has been a controversial topic since the pandemic began, and as the Omicron variant continues its surge, masking recommendations have changed. The US CDC recommends the use of a NIOSH-approved KN95 or N95 respirator as the best protection. It says the surgical/procedural mask should be the lowest level of public protection.

Cloth masks should not be used, as they offer no protection against the Omicron variant of COVID-19.

No Need to Confirm At-Home Test Results

If you purchase an at-home testing kit, like BinaxNOW for example and you test positive for COVID-19, there is no need for a second test to confirm the result. You should follow [recommended quarantine guidance](#) from the US CDC and treat yourself as being positive. If your symptoms worsen, contact your primary care provider.

Boosters Provide Better Protection

Current data show that if you are fully vaccinated and boosted, you decrease the likelihood of being hospitalized or experiencing intense symptoms of COVID-19 by an additional 35-45 percent.

You can get boosted at the LincolnHealth clinic. Visit our Facebook page for the current clinic hours. Walk-ins are welcome.

Asking Our Patients for Patience

In this time of surging COVID cases, the lack of available hospital beds, overcrowded Emergency Departments and employees testing positive for COVID, we have been forced to adjust our normal way of doing business.

There typically are longer waits in our primary care offices; Emergency Departments, crowded with patients who need a hospital bed or a psychiatric placement bed elsewhere, are experiencing high volume and longer wait times. If you are scheduled for surgery that requires an overnight stay, we may have to postpone it until a bed becomes available.

Our team continues to do heroic work, and the long hours and extra shifts are far more tolerable when patients are understanding and accepting of the current landscape.

Please do your best to practice patience and kindness.