

## 2021 Week 20

### State of Nevada Data Set

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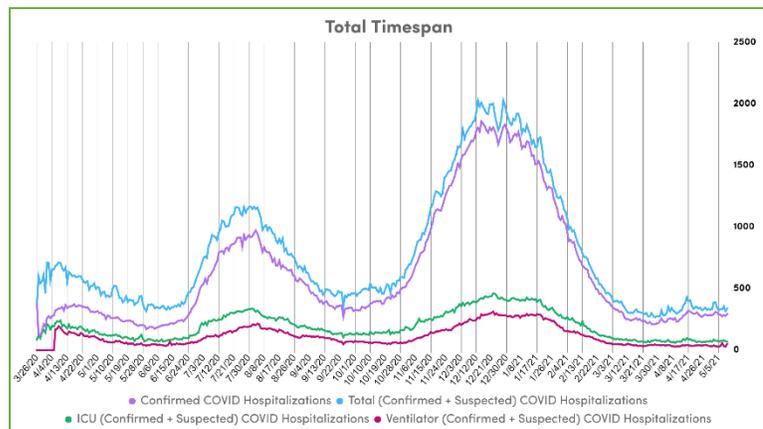
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To get NHA Hospital Portal access, send an email request to [COVID@nvha.net](mailto:COVID@nvha.net)

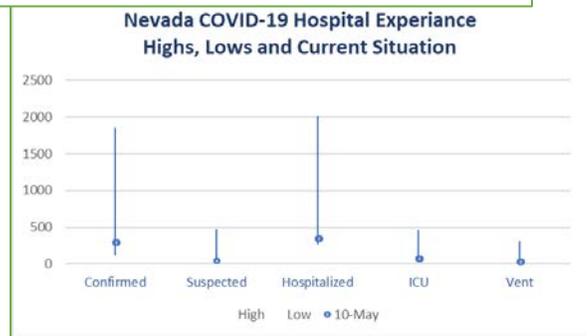


SAVE THE DATE  
The NHA's annual earthquake exercise is returning Oct. 21, 2021.

Nevada has effectively "flattened the curve" through the use of vaccines. Hospitalizations and other metrics continue to fluctuate, however, no organized wave is forming. Most counties have been essentially open since May 1, 2021. The



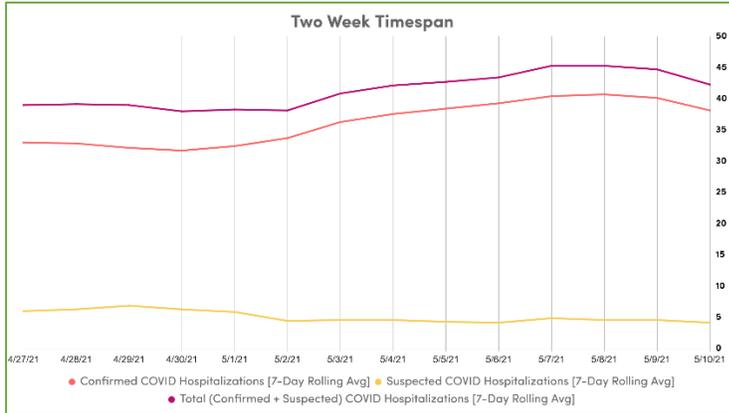
state continues to have a mask mandate that mirrors current CDC guidelines and aspects of social distancing remain enforced within the urban population centers.



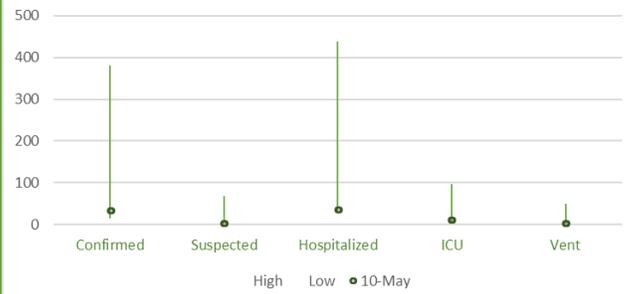
#### As of 10 May 2021

Category	Nevada	North	South	Rural
Confirmed COVID-19	292	33	254	5
Suspected COVID-19	46	2	44	0
Hospitalized COVID-19	338	35	298	5
ICU Patients	69	9	58	1
Ventilator Required	30	2	28	0

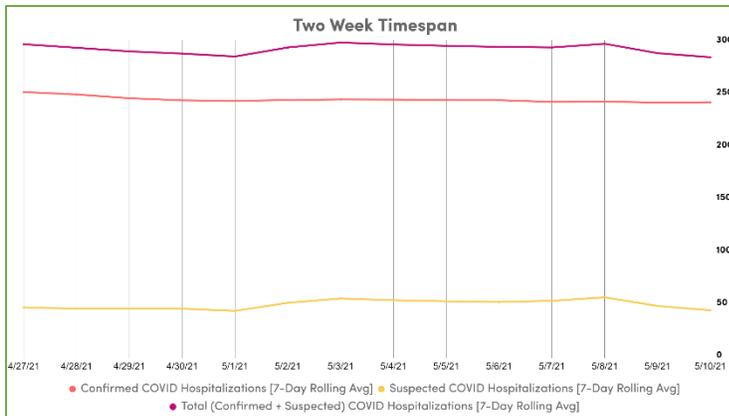
## Northern Data Set



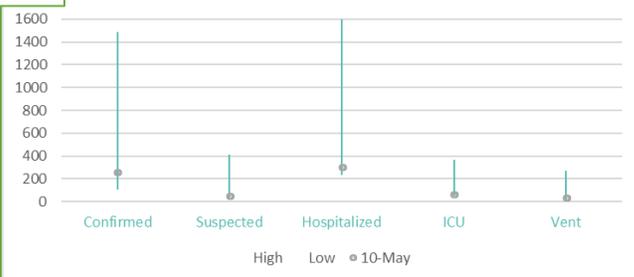
### Northern Region COVID-19 Hospital Experience Highs, Lows and Current Situation



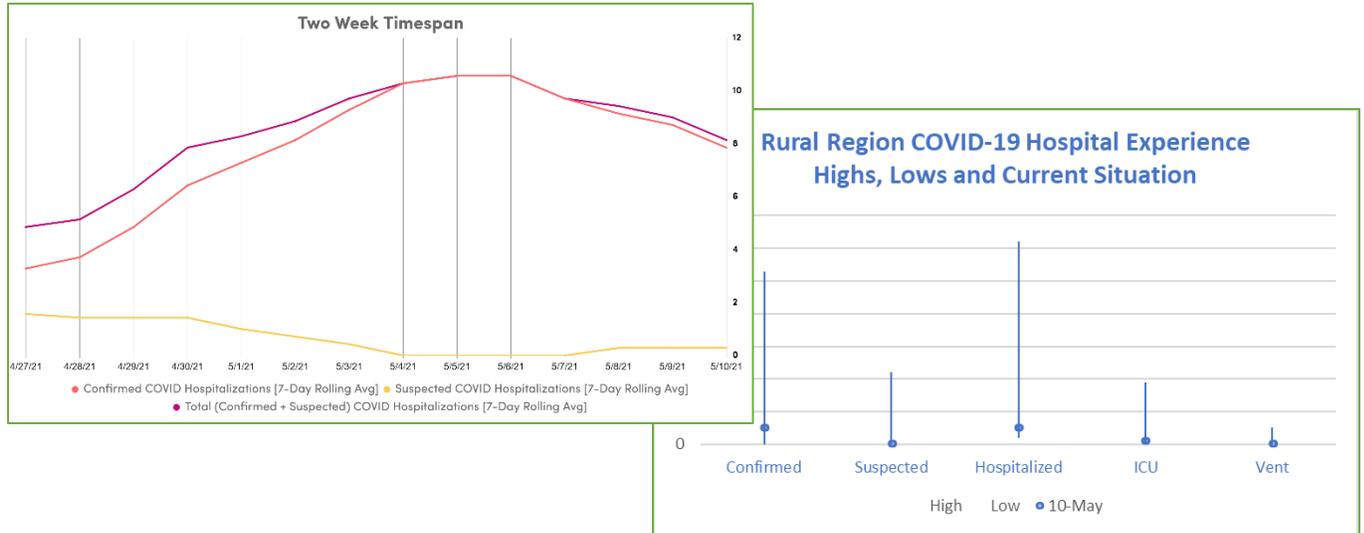
## Southern Data Set



### Southern Region COVID-19 Hospital Experience Highs, Lows and Current Situation

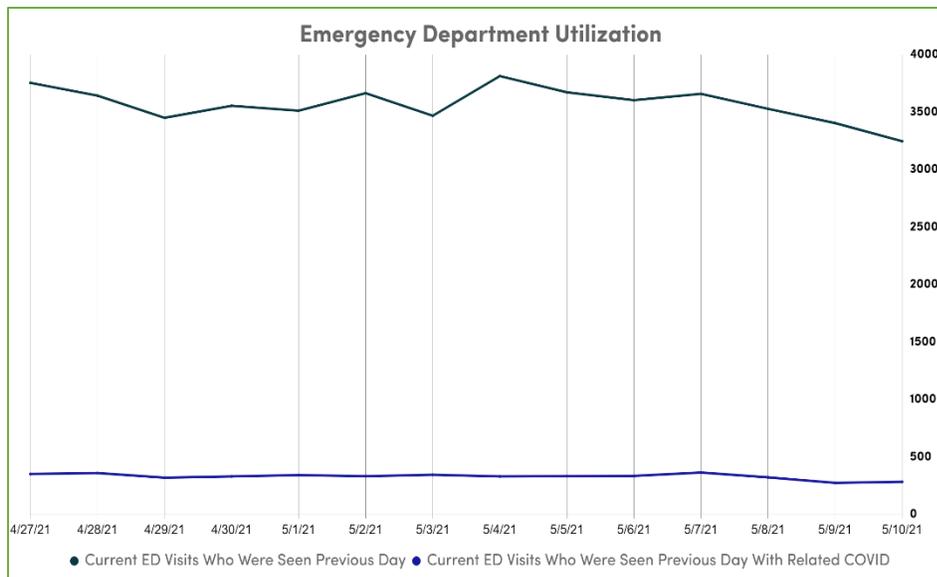


## Rural Data Set



## Other Issues:

**FDA authorizes Pfizer's COVID-19 vaccine for use in children ages 12-15.** The determination was announced on Monday. This modification of the Emergency Use Authorization (EUA) was based on Phase 3 trials that showed the vaccine to be both safe and effective.



**Nevada is experiencing a drop in all-cause emergency department (ED) visits.** During the previous two-week period, daily ED visits have dropped from 3,754 to 3,246. Visits for COVID-19-related symptoms remained stable at near 9% of all ED patient encounters.

*Amanda Samuels is a Licensed Therapist practicing in Las Vegas.*

*She is proud to be married to someone working on the frontlines during this pandemic. She has made it her goal to let all of the frontline, behind the scenes, and all of those in between workers know how much they are appreciated and that their mental health matters.*

*Each week she provides a message in hopes to validate, educate, or encourage in regard to what you might be experiencing as you dedicate most of your time to the pandemic. She is honored to be sharing with you!*

## **DO THE NEXT RIGHT THING.**

Doing the next right thing brings your focus to "right now." Typically, most of the distress has to deal with "Future Issues" when dealing with stress. AND often, these "future issues" actually never come to fruition. Letting your thoughts ruminate over possible future problems takes your focus away from solving the current "right now" problem.

### **How do you know what the Next RIGHT Thing is?**

We know "stress" is the physical symptoms caused by stressors. Suppose the physical symptoms of stress (headaches, muscle tension, fatigue, rapid heartbeat, digestive issues, anxiety, depression, panic attacks, heightened level of frustration or agitation, foggy brain, lack of motivation, and so on) are not addressed. In that case, you will continue to have a tough time handling stressors (external events that cause STRESS in the body). When your body is functioning with a high level of stress, you have to shut down the rational thinking side of the brain and are making decisions, and reacting to situations using only the EMOTIONAL side of the brain. Probably not your best method of solving the world's problems.

So, what's the Next **RIGHT** thing? Addressing the stress within the body. Here are five things to try Right Now:

1. Take a few breaths. Breathe in through your nose for a count of 5, hold for 5, breathe out as SLOW as you can through your mouth, and hold for 5. Repeat 3-5 times. This not only resets the body's current state but also forces you to pause before responding or, even worse, reacting.
2. Drink or eat something cold, hot, sour, sweet, or spicy. Stimulating your senses forces the brain to focus on "right now."
3. Move. Go for a quick walk, walk up and down the stairs, run in place, jumping jacks, OR if you don't want to get up, use Progressive Muscle Relaxation. Starting with your feet, tense your muscles for a full 20 seconds. Continue as you move up the body hitting every muscle group.

4. Laugh. All you have to do is turn on YouTube for a few minutes. Just don't get caught in the rabbit hole of randomness.

5. Take a break. I've had the pleasure of watching the COVID Saga from my living room, kitchen, backyard, bedroom, car, anywhere Mr. Samuels can take a phone call and talk at an unnecessary decibel. What I have learned is that the problem will be there tomorrow. Nothing is getting solved with one more phone call or email. Take a break, engage with the people or things you've likely neglected over the last several months.

What if you worked just as hard at taking care of yourself as you do taking care of the community, your co-workers, and your work obligations? I'm guessing this is how you would solve the world's problems — from a healthy, well-fed, well cared for, ready to manage what comes your way **SELF**.

\*\*\*Please note, nothing I've suggested has anything to do with somebody else. Your Stress is Yours to manage. DO NOT rely on expecting others to change their behavior to make you feel better.