

There is a new Covid variant (JN.1) which seems to be spreading quickly with in the United States. 62% of Covid cases in the last 2 weeks were identified as this variant.

The **symptoms** of Covid remain the same:

**Sore Throat**  
**Congestion**  
**Runny Nose**  
**Cough**  
**Fatigue**  
**Headache**  
**Muscle Aches**  
**Fever or Chills**  
**Loss of sense of taste or smell**  
**Nausea**  
**Vomiting**  
**Diarrhea**

The type and severity of symptoms vary based on the individual's health and immunity.

Many of our individuals should be considered high risk due to age, underlying medical conditions, weakened immunity and other factors.

If your individual has not received the most recent Covid booster or Flu vaccine, please arrange an appointment for them to receive the injection.

**Masking is required when in a crowd setting and for all doctor visits.**

**Staff should continue to clean and disinfect the houses.**

**Staff, individuals, and visitors should practice proper handwashing.**

**Staff and visitors should have their temperature read before entering the common areas of the home.**

Each house should have self-Covid tests available. A positive self- test needs to be confirmed by an independent source (such as Med-Express).

Please reach out to the Covid team if you have any questions.

Members of the Covid team are Angie King and Charlene Stiffey.