



**Press Release**  
**FOR IMMEDIATE RELEASE**

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## **Make a Healthy 2022 One of your New Year's Resolutions**

*RCHD offers tips for bringing in the new year safely*

PECOS, Texas (Dec 23, 2021) – If there's been anything on the mind of most of us over the past nearly two years, it's been our health. With cases of COVID-19 still among us and the more contagious Omicron variant now circulating in our state, it's no surprise. There have been nearly 4,000 cases of the virus in Reeves County and so far, we know of at least two cases of the Omicron variant in the state.

As we prepare to enter a new year, now is an opportunity to resolve to make 2022 a healthy one, starting with the practices many of us started in 2021 as our health and safety became more front of mind.

"If you haven't been vaccinated with either two shots of the Moderna, Pfizer or one shot of the Johnson and Johnson, this would be a good time to do it," said Sandra Anim, FNP at the Pecos Valley Rural Health Clinic, a service of Reeves County Hospital District. "As people in our community get together the new year gatherings, particularly indoors, they are running a risk of infection from the virus and being vaccinated offers a great deal of protection," she added. Right now, children age 5 and up can receive the vaccination.

### **Booster shots help keep the virus from spreading**

For those who have received two doses of either the Moderna or Pfizer or one dose of the Johnson and Johnson, at least six months ago, a booster shot of either the Pfizer or Moderna is encouraged to extend the protection of the initial course of the vaccine. Vaccines and booster shots are gatherings, available in the lobby at RCHD every Thursday from 3:00 pm to 6 pm.

### **Get plenty of exercise and keep stress levels down**

While it is the most pressing health risk still, COVID-19 isn't the only concern to keep in mind. It is important to maintain eating and drinking discipline as well. Getting plenty of physical activity is very important at this time of year. Taking a brisk walk, riding a bike, running, swimming are all good choices for exercise. Likewise, the holiday period can be stressful.

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"Keeping stress under control is important because too much stress is the gateway to other more serious health concerns, Anim said.

### **Keep an eye on your heart's health**

"Guarding against heart disease is always important," Anim noted. "Heart health depends in large measure on good nutrition. Focus on balanced meals rather than too much snacking or sugary holiday desserts."

"Annual wellness exams help ensure that you are in good health and caught up on essential health screening such as blood pressure, cholesterol levels and blood glucose. These annual screenings will help to assess your overall risk of developing cardiovascular issues and are covered by Medicare and most insurance plans

### **It is not too late to get your flu shot.**

The flu season typically reaches its peak around this time of year and lasts through February. With that said, if you have yet to get a flu shot this season, you should do so immediately.

Flu vaccines are updated each year to match circulating viruses and improve overall effectiveness in protecting individuals from the viruses that research suggests will be the most common.

According to the CDC, vaccines have been updated for the 2021 flu season to better match viruses expected to be circulating in the United States.

People ages six months and older are encouraged to be vaccinated. Seniors over 65, pregnant women, and children under the age of two are particularly vulnerable to the flu, which causes an estimated 100,000 hospitalizations and 30,000 deaths a year.

"Everyone can benefit from these reminders of health and wellness as we go into a new year," said Anim. "Not only is our own health safeguarded by following these recommendations but also the health of those around us" she added. "Resolving to have better health throughout 2022 now will hopefully keep you better disciplined and focused on taking care of yourself throughout the year we are about to enter."

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To learn more about local healthcare services, visit [www.reevescountyhospital.com](http://www.reevescountyhospital.com) or call the Pecos Valley Rural Health Clinic at 432-447-0565.

**About Reeves County Hospital District**

Reeves County Hospital District (RCHD) provides healthcare services for people in Reeves County and neighboring communities in West Texas. Founded in 1954, RCHD, a Level IV Trauma Center, offers a wide variety of medical services, including emergency care, diagnostic radiology, physical therapy, general surgery, a clinical laboratory and more. RCHD also operates American Home Health and Hospice and the Pecos Valley Rural Health Clinic, which offers family care, immunizations and other medical services. For more information, please visit [www.reevescountyhospital.com](http://www.reevescountyhospital.com).

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