

# Washington State Family to Family Health Information Center



## Newsletter #12 – February 2022

### Breakthrough COVID Infections

Many people who have been vaccinated for COVID are getting infected with the Omicron variant of the virus. This is known as a breakthrough infection and is occurring because the vaccine was created for another form of the COVID virus. “Because people who are vaccinated have had some immunity, some antibodies, a majority of these breakthrough cases are going to be asymptomatic or mild,” [according to Dr. Sanghavi](#). The breakthrough cases are being [monitored by the CDC](#), which states that as vaccination rates go up, the number of vaccine breakthrough infections will also increase.

People with breakthrough infections have mostly milder symptoms of COVID than unvaccinated individuals. These symptoms can include headache, cough, fatigue, and a sore throat. As these are common symptoms to several illnesses and allergies, it can be hard to determine if you have a breakthrough infection. [Doctors recommend taking a COVID test and self-isolating](#) until the results come back in order to protect others from a potential COVID infection. If it is determined that you or a family member has a breakthrough case here is [information](#) on the length of time for isolation and how to keep others safe during the illness.

Free at-home COVID tests are available through [www.covidtests.gov](https://www.covidtests.gov). Testing sites can be found at [www.doh.wa.gov](https://www.doh.wa.gov) or by calling 1-800-525-0127, then pressing #.

### Editorial: Practical Goal Setting for A New Year

Being a parent or caregiver of a child or adult with special health care needs can be all-consuming and it can be difficult to take a break or do the things that are important to you. One way to break that cycle is by using your New Year’s resolution to try to change your old routine. Along with, or instead of, the traditional setting of goals, you can pick up a new hobby or learn a new skill.

Updating old plant pots, trays, or pictures frames with mosaics can be fun and rewarding. You can use any chipped or unwanted plates or can find old dishes and tiles at your local thrift store or Habitat for Humanity to use as mosaic pieces. It can be very satisfying breaking those ceramics into shards and creating an original design. It can be something you can do alone or together with a friend or your family.

For those of you who like to work with yarn, there are plenty of beginner crochet or knitting videos on YouTube. Starting out small and allowing for mistakes gives your space to learn something new, and the repetitive work of knitting or crocheting is a natural stress reducer. There are many of places to get low-cost yarn and needles for a little over a dollar to try out new things.

For photo fans, how about getting all those pictures off your cell phone and putting them in an album? Create a wall of pictures from the whole family or use this as an inspiration to do a picture walk, then create something with the photos from the walk.

Organizing your paperwork can be a daunting goal. We all have those stacks of papers that need to be gone through and organized, but the paperwork can be conquered with a little time and effort. Chunk the work up into small bits, find an organizing system that makes sense to you but take the time to add some creativity so it’s not just drudgery. Use brightly colored file folders, paint a crate to put the papers in, use a cool basket you found at a garage sale and painted, and create sticker labels that have your kids’ drawings on them. These ideas can add some new perspective and help provide some small spaces of respite. New Year’s Resolutions do not need to be stressful or overwhelming – they can be fun and create something you can be proud of.

### February 2022 Calendar

*All events are free and, unless noted, on-line*

[Father's Network Webinar: Washington State Parent to Parent](#) – Feb. 1

[Telling Your Story with a Purpose Workshop](#) – Feb.3

[A Gift of Self-Care](#) – Feb. 5

[NAMI Smarts: Telling Your Story](#) – Feb. 7

[Disability Discrimination in the Workplace](#) – Feb. 8

[Student Rights, IEP, Section 504 and More](#) – Feb. 8

[SB 5229 Health Equity Listening Sessions](#) – Feb. 10

[Awesome Autism Family and Parent Group](#) – Feb. 10

[King County School to Work Webinar](#) – Feb. 10

[Sharing Down Syndrome in Pierce County: Parents Night In](#) – Feb. 11

[Calling Autistic Parents](#) at The Arc of King County – Feb. 13

[SB 5229 Health Equity Listening Sessions](#) – Feb. 15

[Familias Resilientes](#) – Feb. 22

[STOMP “Need to Know” Webinar for Military Families](#) – Feb. 25