



July 26, 2021

For immediate release

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Gordon Memorial Health Services' providers offer tips to making second COVID shot more tolerable

Dr. Anpo Charging Thunder and Cassie Banks, DNP, FNP-C from Gordon Memorial Health Services' joined the July 26, 2021 briefing to discuss the importance of COVID vaccines. Both providers affirmed their strong stance by getting COVID vaccinated themselves and for their children over the age of 12.

While many people have little to no symptoms after their COVID shot, Dr. Charging Thunder and Banks offered some suggestions to individuals returning for their second COVID shot to make the response more tolerable. In addition to drinking plenty of water and rest, the tips include:

Because of the way your body responds to the vaccine, the second dose will often cause more robust symptoms than the first. Keep in mind that the vaccine is "teaching" your body to recognize and defend itself against the coronavirus. Many people have reported low grade fever, chills, body aches, joint pain, swollen lymph nodes, rash, headaches, fatigue and loss of appetite following the second dose. These symptoms last an average of 24-72 hours. In order to lessen these symptoms, we suggest the following over the counter medications for 2-3 days following your second vaccine dose:

- *Vitamin D 2000 units daily*
- *Claritin (loratadine) or Zyrtec (cetirizine) 10 mg daily*
- *Tylenol (acetaminophen) 650 mg every 4-6 hours as needed for pain or fever*
- *Ibuprofen (Motrin or Advil) 400 mg every 4-6 hours as needed for pain or fever (take with food)*
- *Pepcid (famotidine) 40 mg twice daily*
- *Zinc 15-30 mg daily*

We also encourage people to speak with their own doctor or healthcare provider for anything specific to their health and health history.

The Delta variant remains a concern in the Panhandle. This variant has been found to be more contagious than other strains and anyone unvaccinated is at an increased risk. Protect yourself,

your family, and your community by choosing to be COVID vaccinated today. The vaccine is working to prevent hospitalizations and death.

For any youth age 12 and older preparing to return to school, make sure getting your COVID vaccine is on the list. COVID vaccine is available across the Panhandle. There is no charge for the vaccine.

- **Box Butte/Grant:** <https://tinyurl.com/25mwaapu> | [safeway.com](https://www.safeway.com)
 - *Walk-ins welcome*
 - **Dave's Pharmacy: Hemingford & Alliance**, Monday-Friday, 8 AM - 5:30 PM
 - **Alliance Community Pharmacy**, Monday-Friday, 7:30 AM - 6 PM
- **Cheyenne/Deuel:** <https://tinyurl.com/5b5uac8p> | [walmart.com](https://www.walmart.com) | [safeway.com](https://www.safeway.com)
- **Dawes/Sioux:** <https://tinyurl.com/x5d5nnbn> | [walmart.com](https://www.walmart.com) | [safeway.com](https://www.safeway.com)
 - *Walk-ins welcome*
 - **Western Community Health Resources**, Monday-Friday, 12:30 PM - 1:30 PM
- **Garden:** To schedule an appointment visit [vaccinate.ne.gov](https://www.vaccinate.ne.gov) and a provider will call you
 - *Walk-ins welcome*
 - **Regional West Garden County Clinic Front Desk**, Monday-Friday, 8 AM - 5 PM
- **Kimball:** <https://tinyurl.com/d2u8txrs>
 - *Walk-ins welcome*
 - **Kimball Health Services**, Monday-Friday, 8 AM - 4:30 PM
- **Morrill:** <https://tinyurl.com/sb8mvumm>
 - *Walk-ins welcome*
 - **Morrill County Hospital Clinic**, Wednesdays, 8 AM - 4 PM
- **Sheridan:** <https://tinyurl.com/cvrmkv38>
 - *Walk-ins welcome*
 - **Gordon Rural Health Clinic**, Monday-Friday, 8:30 AM- 9:30 AM
- **Scotts Bluff/Banner:** <https://tinyurl.com/w6b84fkf> | [walmart.com](https://www.walmart.com) | [safeway.com](https://www.safeway.com) | [walgreens.com](https://www.walgreens.com)
 - *Walk-ins welcome*
 - **Gering CAPWN Health Center**, Monday-Friday, 9 AM-12 PM & 1 PM-4 PM
 - **Scottsbluff County Immunization Clinic, 313 West 38th St., Scottsbluff:** Monday-Friday, 9:40 AM-12:30 PM & 1:30 PM-5:30 PM

People who are fully COVID vaccinated will not be required to quarantine due to close contact. If you have lost your COVID vaccine card, go to <https://tinyurl.com/2zh7uhhu>.

Unified Command confirms 47 more cases of COVID in the Panhandle since last reporting on Monday, July 19.

All Ages: 47	
County	Cases
Banner	0

Box Butte	8
Cheyenne	5
Dawes	0
Deuel	0
Garden	0
Grant	0
Kimball	0
Morrill	10
Scotts Bluff	19
Sheridan	5
Sioux	0

Exposure Type	
Community	45%
Close Contact	38%
Travel	0%
Under Investigation	17%

March 2, 2020-July 26, 2021

- **Total Tests Conducted: 40,772**
- **Positive: 9,333**
- **Last 14 days (active) cases: 83**
- **Last week's cases: 47**
- **Last week's positivity rate: 19.2%**
- **Deaths: 197**
- **Active Hospitalizations: 4**
- **Total Cumulative Hospitalizations: 565**

Nebraska ended the state testing program Test Nebraska on July 18, 2021. Current COVID testing access can be found at <http://pphd.org/COVID-19.html>.

The Panhandle COVID dashboard is updated on Mondays only prior to the 3:30pm MT briefing and available at www.pphd.org. For the most up to date information from the CDC, visit <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

Panhandle Public Health District, Region 21, 22, and 23 Emergency Management, and Scotts Bluff County Health Department are working as a unified command on this evolving situation. Essential updates will be regularly communicated to the public and community partners.

Panhandle Public Health District is working together to improve the health, safety, and quality of life for all who live, learn, work, and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community. Visit our website www.pphd.org.

