



MY wellness

Employee Wellness Newsletter

COVID-19 Vaccines, TB Tests and You

by Lanell Covington-James

Many MSJC employees who will receive the COVID-19 vaccine will also require routine employment-related TB testing or other vaccines. The full impact of the COVID-19 vaccine on TB test accuracy and effectiveness of other vaccines is currently unknown.

The Centers for Disease Control and Prevention (CDC) recommends that if you have recently received the COVID-19 vaccine, to please allow at least four (4) weeks from the date of second vaccination to obtain the intradermal tuberculin test (TB Skin Test) or TB blood test. However, these tests may be performed at any time before the first COVID-19 vaccine is administered.

Please note: No other vaccines should be administered for two weeks before or after either dose of the mRNA COVID-19 vaccine series.

If you have recently received notification of your TB Test requirements at MSJC and are scheduled to receive your COVID-19 vaccine (or have been vaccinated), please contact me via email at ljames@msjc.edu. We may provide you with an authorization form for the TB Test and notate your file of your pending vaccination status. We are happy to answer any of your questions.



Heart-Shaped Nature

There is so much inspiration in the outdoors, even during a Southern California winter. To celebrate [American Heart Month 2021](#) in February, get outside to minimize stress and reduce hypertension. On your outdoor hike or walk, be on the lookout for heart-shaped nature. It can be a rock, a leaf, a cloud figuration, or let your imagination guide you!

Healthy Tip!

Load up on heart healthy foods this month! Nosh on spinach, kale or collard greens, berries, walnuts, avocados, salmon or tuna, and dark chocolate (in moderation) for heart healthy nourishment.

February Events

18 EAP Webinar - Losing a Loved One

22/23 DIY Ergonomic Adjustment Webinar

EAP Webinar - Losing a Loved One
February 18, 2021 / 3:30 pm - 4:30 pm
[Register Here](#)

DIY Ergonomic Adjustment Training
February 22, 2021 / 1:00 pm - 2:30 pm or
February 23, 2021 / 1:00 pm - 2:30 pm
[Register via Professional Development](#)



COVID-19 Vaccination Locations

by Lanell Covington-James

As COVID-19 vaccines become more readily available, hope is on the horizon. There are many questions as to where, when and how to obtain the vaccine. Education personnel are among the first to receive the vaccine because of the essential role in serving students. Getting vaccinated now will help protect you, students, coworkers, and the community we serve when we begin phasing back to campus.

There are a number of locations throughout the Riverside, San Bernardino and San Diego counties that are providing the vaccine. Please visit the following pages for your local vaccination resources:

- Riverside County, visit rivcoph.org
- San Diego County, visit sandiegocounty.gov
- San Bernardino County, visit sbcovid19.com

Employees that choose to receive the vaccination during work hours may do so and will be paid by the District for up to 2 hours. The use of sick or vacation leave balances is not necessary. To be eligible for paid time off, you will need to notify your supervisor in advance of your scheduled appointment. You will also be required to submit dated documentation and proof of vaccination to Human Resources.

Ergonomics Webinar

by Nicole Piña

Our insurance provider, Keenan & Associates, is offering the DIY Ergonomic Adjustment Training to give you the tips and tools to learn about the different reasons you may need to make ergonomic adjustments at your current workspace. Mr. Dennis Burgess, with Keenan, will present an introductory overview of the types of ergonomic adjustments you can make at low or no cost.

We are offering two webinars for your convenience. Please register for **one session** of the **DIY Ergonomic Adjustment Training**:

- **Monday, February 22nd**
1:00 pm - 2:30 pm
via Zoom
- **Tuesday, February 23rd**
1:00 pm - 2:30 pm
via Zoom

If you didn't have the chance to attend our ergonomics webinar in January, please join us in February with your RSVP through [Professional Development's SharePoint](#).

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**The time is always right
to do what is right.
— Reverend Dr. Martin
Luther King Jr.**

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