

## Free COVID Test Kits

Pick up free at-home COVID-19 test kits in advance of your Thanksgiving Holiday.

[To request COVID test kits, click here.](#)

For more information, go to:

<https://unioncountycovid.org/testing/>



**FREE COVID TEST KITS**

**NOV. 15**

Order Online & Pick Up  
Nov. 15 8:30am-4pm  
at Union County Health Dept.



Scan QR Code  
to Request Kits



The poster features a yellow background with a decorative border on the right side containing autumn-themed illustrations like pumpkins, acorns, and berries. The text is in blue and orange. A QR code is located in the bottom left, and the Union County Health Dept. logo is in the bottom right.

## Respiratory Virus Season: Stay Up-To-Date on Vaccinations

As we head into winter and the typical cold and flu season, remember to stay up-to-date on your vaccinations. An annual flu vaccine is recommended for everyone aged 6 months and older. Updated COVID vaccines are recommended for people age 65 and older and children and adults at risk for serious complications from COVID. The RSV vaccine is also recommended for all adults ages 75 and older and adults ages 60 – 74 who are at increased risk for severe RSV. An RSV vaccine is also recommended for pregnant women and an RSV antibody can be given to infants after birth. Talk to your doctor about what vaccines you might need to protect you this respiratory virus season.



[CDC COVID-19 Vaccination Recommendations](#)

[CDC RSV Vaccination Recommendations](#)

## National Lung Cancer Screening Day This Saturday

We wanted to share this important event from our partners at Memorial Health.  
Thank you Memorial Health for caring about our community!



Saturday,  
November 9, 2024

# NATIONAL LUNG CANCER SCREENING DAY

The next life we save  
may be yours

 **Memorial** HEALTH

memorialohio.com

Lung cancer is a deadly form of cancer. Regular screening can help find it early when it is easier to treat, but only 1 in 10 people at higher risk get screened. That's why Memorial Health is participating in the **National Lung Cancer Screening Day on Saturday, November 9.**

Lung cancer screenings include low-dose CT scans – the scan is simple, takes only a few seconds, and does not involve any preparations or needle sticks. Your results will be sent directly to you with a personal recommendation as to how often you should be screened for lung cancer. The general rule is that lung cancer screenings should occur on an annual basis.

***The process is easy to get registered – first, see if you meet the criteria:***

- Are you 50 to 77 years old?
- Do you currently smoke or have you quit in the past 15 years?
- Are you free from any new symptoms that could be related to lung cancer?
- Have you gone without a CT scan in the last 12 months?

If you answer “yes” to these questions, scan the QR code below to register for the screening – a member of our Lung Screening team will be in contact with you!



***Register for your  
lung screening today!***

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**Saturday, November 9, 2024**

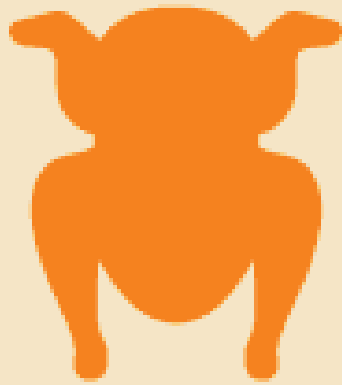
**Memorial City Gate Medical Center**  
120 Coleman's Crossing Blvd.  
Marysville, OH 43040

## It's Almost Turkey Day!

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. There are three safe ways to defrost a turkey: in the refrigerator, in cold water, and in a microwave oven.

[To learn more about how to safely cook your bird, click here.](#)

# When should you thaw that turkey?



**20-24 lbs**

Move to fridge  
Friday before  
Thanksgiving



**16-20 lbs**

Move to fridge  
Saturday before  
Thanksgiving



**12-16 lbs**

Move to fridge  
Sunday before  
Thanksgiving



**4-12 lbs**

Move to fridge  
Monday before  
Thanksgiving