

Stay Up To Date with COVID Vaccines

及时接种 COVID 疫苗

The best way to protect yourself and your loved ones against COVID-19 is to stay up to date with your vaccinations. COVID-19 vaccines help protect against severe illness, hospitalization, and death. COVID-19 vaccines also help protect against infection. People who are vaccinated may still get COVID-19 but are much less likely to experience severe symptoms than people who are unvaccinated.

When Are You Up to Date?

You are up to date with your COVID-19 vaccines when you complete a COVID-19 vaccine primary series and got the most recent booster dose recommended for you by the Centers for Disease Control and Prevention (CDC). These recommendations depend on which vaccine you got and your age. Find the adult recommendations below:

For adults 18+:

Pfizer-BioNTech

- 1st dose: primary series
- 2nd dose: primary series, 3-8 weeks after 1st dose
- 3rd dose: at least 2 months after 2nd dose or last booster

Moderna

- 1st dose: primary series
- 2nd dose: primary series, 4-8 weeks after 1st dose
- 3rd dose: at least 2 months after 2nd dose or last booster

Novavax

- 1st dose: primary series
- 2nd dose: primary series, 3-8 weeks after 1st dose
- 3rd dose: at least 2 months after 2nd dose. A Novavax booster is available in limited situations

Johnson and Johnson's Janssen (J&J/Janssen)

- 1st dose: primary series
- 2nd dose: At least 2 months after 2nd primary series dose. A J&J/Janssen booster is available in limited situations

The CDC does not recommend mixing products for your primary series doses. If you received Pfizer-BioNTech, Moderna, or Novavax for the first dose of your primary series, you should get the same product for all following primary series doses.

保护自己 and 亲人免受 COVID-19 感染的最好方法是及时接种 COVID 疫苗。COVID-19 疫苗有助于防止严重疾病、住院及死亡。COVID-19 疫苗还有助于防止感染。接种了疫苗的人仍可能感染 COVID-19，但与未接种疫苗的人相比，出现严重症状的可能性更小。您接种了最新的疫苗了吗？

在完成 COVID-19 疫苗第一轮接种计划并按疾病控制和预防中心 (CDC) 为您推荐最新加强剂次数接种之后，您就已经接种最新的 COVID-19 疫苗。这些推荐取决于您接种的疫苗种类和您的年龄。以下是成年人的接种推荐：

对于18岁以上的成年人：

辉瑞-生物技术公司

- 第一针：第一轮接种计划
- 第二针：第一轮接种计划，第一针后3-8周
- 第三针：第二针或最后一次加强针至少2个月

莫德纳

- 第一针：第一轮接种计划
- 第二针：第一轮接种计划，第一针后4-8周
- 第三针：第二针或最后一次加强针至少2个月

诺瓦克斯

- 第一针：第一轮接种计划
- 第二针：第一轮接种计划，第一针后3-8周
- 第三针：第二针后至少2个月。在有限的情况下可以使用诺瓦克斯的加强剂

强生公司的杨森 (J&J/Janssen)

- 第1剂：第一轮接种计划
- 第2剂：在第二轮接种计划后至少2个月 J&J/Janssen 的加强针在有限的情况下可以使用。

疾病预防控制中心不建议混合使用第一轮接种计划的产品。如果您在第一轮接种计划第一针中接受了辉瑞生物技术公司、莫德纳公司或诺瓦克斯公司的产品，您应该在接下来的接种计划中使用相同公司的产品。



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蔬菜聚光灯：樱桃萝卜 VEGETABLE SPOTLIGHT: CHERRY BELLE RADISH



樱桃萝卜炖鱼(4人份)

Fish and Radish Stew (SERVES 4)

材料:

- 1捆樱桃萝卜，洗净并修剪干净
- ¼杯减盐酱油
- 2汤匙芝麻油
- 2个大蒜瓣，切碎
- 1汤匙生姜，切碎
- 1茶匙红辣椒片末
- 1.5磅带骨去皮的鲑鱼或鲭鱼块
- 2根葱，切片
- 1个红洋葱，切片
- 1个墨西哥辣椒，切片

步骤:

1. 在一个大锅中，将萝卜、酱油、香油、大蒜、姜和红辣椒片放在里面。加入1.5杯冷水，用大火煮沸，然后降低温度以保持慢火沸腾。盖上锅盖，煮到萝卜开始变软，大约5-7分钟。
2. 将鱼片放入锅中，将汤重新煮沸。调至文火以保持炖煮，不用加锅盖，煮到萝卜变软，鱼煮透，大约9-12分钟。
3. 在炖鱼上放上葱花、红洋葱和墨西哥辣椒。关掉火，盖上盖子，让其蒸1-2分钟。并趁热享用吧！

INGREDIENTS:

- 1 bunch radishes, washed and trimmed
- ¼ cup low sodium soy sauce
- 2 tbsp sesame oil
- 2 large garlic cloves, minced
- 1 tbsp ginger, minced
- 1 tsp crushed red pepper flakes
- 1.5 lbs bone-in, skin-on pieces of salmon or mackerel
- 2 scallions, sliced
- 1 red onion, sliced
- 1 jalapeno, sliced



INSTRUCTIONS:

1. In a large pot, place the radishes, soy sauce, sesame oil, garlic, ginger, and red pepper flakes inside. Add 1½ cups cold water and bring to a boil over high heat, then lower the heat to maintain a gentle boil. Cover the pot and cook until the radishes start to get tender, ~5-7 minutes.
2. Place the fish piece into the pot and bring the soup back to a boil. Reduce the heat to maintain a simmer and cook, uncovered, until the radishes are very tender and the fish is cooked through, ~9-12 minutes.
3. Top the fish stew with scallions, red onion, and jalapeno. Turn off the heat, cover and let the vegetables steam for 1-2 minutes. Serve hot and enjoy.

