



### I'm Vaccinated. Now What?

As more people are vaccinated, you may have questions about what activities are safe. Dr. Adam Brady, infectious disease specialist, explains the concept of herd immunity and what you can begin doing after getting vaccinated.

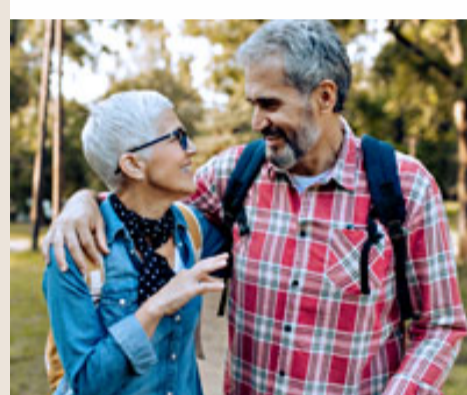
[Learn what activities you can safely resume.](#)



### Is It Cold in Here, or Is It Just Me?

If you're often cold when others are warm, the cause could be more than a low thermostat. Physician Assistant Charlotte Gardner, Samaritan Urgent Care - Corvallis, shares why you may be chillier than others and offers four tips for staying warm.

[Take the chill off.](#)



### Preparing for a Colonoscopy Is Now Easier & Tastes Better

March marks the advent of spring and colorectal cancer awareness month. Dr. Michael Williams, Samaritan Surgical Clinic, describes how colonoscopy preparation and procedures have changed for the better.

[Choose the prep you prefer and get screened.](#)



### Is It Strep – or Just a Plain Old Sore Throat?

Sore throats are a common symptom of a cold, so how can you tell if your throat pain could be strep? Nurse Practitioner Rosemary Schairer, Samaritan Internal Medicine, explains the differences and when to see your doctor.

[See how the symptoms compare.](#)



### Want to Have a Baby? Eight Questions to Consider

If you're thinking of becoming pregnant in the year ahead, Dr. Ashley St. Germain, obstetrician at Samaritan Lebanon Health Center, offers helpful questions to think about.

[Take time to consider this important decision.](#)

If your work situation has changed, you may qualify for health insurance through the Oregon Health Plan.

[Learn More](#)

**News** [More News](#)

<a href="#">Questions About the COVID-19 Vaccine? Get the Facts</a>	<a href="#">Volunteers Encourage Joining COVID-19 Vaccine Effort</a>	<a href="#">Samaritan Physicians Contribute to COVID-19 Research</a>
<a href="#">da Vinci Robot Arrives at Albany Hospital</a>	<a href="#">Coastal Hospice Earns Recognition for Veterans Care</a>	<a href="#">Celebrate Doctors With Online Notes of Gratitude</a>

**Classes & Events** [More Events](#)

<p>Virtual Seminar</p> <p><a href="#">The History of Emergency Medicine</a></p> <p>Monday, Mar. 15</p>	<p>Virtual Seminar</p> <p><a href="#">Caregivers Support &amp; Resource Group</a></p> <p>Tuesday, Mar. 16</p>	<p>Virtual Seminar</p> <p><a href="#">Treating Painful &amp; Crooked Toes</a></p> <p>Wednesday, Mar. 17</p>
<p>Virtual Seminar</p> <p><a href="#">Freedom From Smoking</a></p> <p>Monday, Apr. 5</p>	<p>Virtual Seminar</p> <p><a href="#">Sarah's Place - "A Closer Look"</a></p> <p>Tuesday, Apr. 13</p>	<p>Virtual Seminar</p> <p><a href="#">Living Well With Chronic Conditions</a></p> <p>Wednesday, Apr. 14</p>