1. People's CDC. (2022, November). Safer Gatherings Toolkit: Community Care First!  
   www.seeyousafer.org


3. CDC. (2022, September 1). Long COVID or Post-COVID Conditions.  

   https://doi.org/10.1038/s41598-022-13495-5

   https://doi.org/10.1038/s41591-022-02001-z

   https://doi.org/10.1038/s41591-022-02051-3


20. Having 4 or 5 per person is helpful for repeat testing. However, keep track of expiration dates. The FDA has listed the names of rapid test brands whose shelf life go beyond the labeled expiration date. See the list [here](#).


27. CDC. (2022, February 11). Effectiveness of Face Mask or Respirator Use in Indoor Public Settings for Prevention of SARS-CoV-2 Infection—California, February–December 2021 (Morbidity and Mortality Weekly Report (MMWR)). http://dx.doi.org/10.15585/mmwr.mm7106e1


30. CDC. (2021, April 15). How to Knot and Tuck Your Mask to Improve Fit. https://www.youtube.com/watch?v=GzTAZDsNBBe0&t


46. Pfizer. FAQs | PAXLOVID™ (nirmatrelvir tablets; ritonavir tablets) For Patients. Retrieved December 9, 2022, from https://www.paxlovid.com/faq


50. The list of Paxlovid drug interactions from Michigan Medicine may also come in handy.

51. Skerrett, P. (2022, August 2). Paxlovid Rebound Happens, though Why and to Whom are Still a Mystery. STAT. https://www.statnews.com/2022/08/02/paxlovid-rebound-mystery/


55. Andrew Weil Center for Integrative Medicine. Integrative Recommendations. https://drive.google.com/file/d/15n-90qAHDZ1nhWBjd0hbVjgLbNbkxMDm/view, as found on https://integrativemedicine.arizona.edu/resources.html#covid


