VACCINATION REQUIRED

Starting on Jan. 15, 2022, individuals will be required to show proof of COVID-19 vaccination to enter certain indoor spaces like restaurants, fitness facilities, entertainment spaces, and certain meeting spaces in Boston.

For more information about the vaccination requirement, visit boston.gov/b-together or call 617-635-4500

Am I eligible for a COVID-19 booster shot?

Who?

Individuals 12+ who are fully vaccinated

*Individuals age 12-17 can only get the Pfizer booster

When?

- At least 6 months after Moderna
- At least 5 months after Pfizer
- At least 2 months after Johnson & Johnson

Which booster shot do I get?

- You may have a preference, but you can get any type of vaccine for your booster shot

More information at mass.gov/COVID19booster

For help scheduling a booster or transportation to get a booster, call 311 or Age Strong at 617-635-4366 or visit boston.gov
MONDAY, JANUARY 17

5pm
Parks: Virtual Fitness: Dance Fit
Click here to register & for more information.

TUESDAY, JANUARY 18

9:30am
BPL Virtual: Introduction to Medicare: Learn the Basics
Click here to register & for more information.

10:30am
A Quilting Circle
BPL: Codman Square
690 Washington Street, Dorchester
Click here to register & for more information.

WEDNESDAY, JANUARY 19

10:30am
BPL Virtual: Book Discussion Group
“Tell the Wolves I’m Home by Carol Rifka Brunt
Click here to register & for more information.

11am
Parks: Virtual Fitness: Chair Yoga
Click here to register & for more information.

3pm
BPL Virtual: Shelf Service Live
Recommendations from BPL librarians.
Click here to register & for more information.

2pm
BPL Virtual: Prostate Health: Innovations & Prospects
Faina Shtern, MD, ED
Click here to register & for more information.

6pm
BPL Virtual: America & First Freedom Riders: Massachusetts in 1840
Click here to register & or more information.

6:30pm
Parks: Virtual Fitness: Afrobeats Dance
Click here to register & for more information.
FRIDAY, JANUARY 21

12:30pm
Parks: Virtual Fitness: Chair Meditation
Click here to register & for more information.

SATURDAY, JANUARY 22

9am
Parks: Virtual Fitness: Strength Training
Click here to register & for more information.

10am-1pm
Dorchester Winters Farmers Market
6 Norfolk Street, Dorchester
Click here for more information.

SUNDAY, JANUARY 23

12noon-3pm
Roslindale Farmers Market
19 Corinth Street, Roslindale
Click here for more information.

6pm
Parks: Virtual Fitness: Yoga
Click here to register & for more information.

For more information on events in the City of Boston visit boston.gov/events
PLAN FOR THE COLD
Information for Everyone

- Dress in loose layers with a waterproof outer layer.
- Stay inside some place warm.
- If in danger of frostbite, soak cold digits in warm water. Do not massage or use heating pad.

DID YOU KNOW?

- Everyone is at risk of adverse health effects from cold weather exposure, such as frostbite and hypothermia.
- Stay dry! Being wet and cold is the main cause of adverse health effects. Overheating is also dangerous because sweating will lead to being wet and cold.
- Even short periods of skin being exposed to extreme cold can be dangerous. Uncovered skin releases heat that your body needs and can lead to frostbite.
- Cold affects people unequally. Those who are over 65 years old, have chronic medical conditions or disabilities, work outdoors, experience homelessness, or use substances are more at risk.
- Hypothermia is a serious condition caused by prolonged exposure to cold. It can occur indoors as well as outdoors. Warm your body, keep dry, and call 9-1-1 if needed.

RESOURCES

1. Get warm at public warming centers and Boston Public Libraries.
2. Get emergency notices via text, email or phone from AlertBoston.
3. Under certain conditions, such as extreme cold, utilities cannot be shut off for non-payment.

For more information on these resources, call 3-1-1 or visit boston.gov/cold
SIGN UP FOR ALERT-BOSTON!

City of Boston Emergency Management

In 4 simple steps:
1. Enter your Email or Phone number
2. Select how you would like to be Alerted
3. Enter your First and Last Name
4. Enter your Zip Code & Select a Language

Sign up at boston.gov/alert-boston

KEEP BOSTON SENIORS WARM THIS WINTER

The Seniors Save program can provide up to $8,000 to eligible seniors to replace faulty heating systems.

Visit boston.gov/seniors-save to apply today.
Where Do We Go from Here: Chaos or Community?

A Virtual Celebration of the Lives and Legacies of Martin Luther King, Jr. and Coretta Scott King

Monday, January 17, 2022
2 pm
https://www.bu.edu/dos/kingday2022/

Watch on Boston City TV (Comcast 24, RCN 13, Verizon Fios 962), or Boston.gov

Need help paying for heat this winter? You’re not alone.

Find out if YOU qualify for fuel assistance discounts!

Call Age Strong 617-635-4366 for an appointment with an advocate.