



To: Residents and Staff
 From: Nadia N. Geigler, CEO *Nadia*
 Date: Monday, February 22, 2021
 Re: COVID-19 Prevention and Protection

COVID Count

ACTIVE cases	
Residents	Staff
0	1

RECOVERED cases	
Residents	Staff
25	44+7

"+7" refers to a non-staff provider

Vaccine Clinic #3 Coming Wednesday!

Staff and residents who received their first dose of the Moderna vaccine at the last vaccine clinic held January 27 are invited back to The Waterfront for your second and final dose! If you have not received your first dose yet and would like to do that this Wednesday, please complete a consent form and return it to the drop box in the lobby. Questions? Please reach out to Mark Dubovick or to me.

8 Things to Know Before Your Second COVID-19 Vaccine

Below is a list of eight things to know which come from an article written by Michelle Crouch for AARP which ran on February 17, 2021. The parenthetical statements are mine and most point to your primary care physician as the best person to answer your specific questions about the vaccine and how it will work with your unique medical condition/health history. If you are interested in receiving a copy of the full article, please let me know and I will get one to you.

1. Your side effects will likely be stronger.
2. You should avoid taking pain relievers before your shot. (Yes, this is different than what's been said by us and others in the past. If you are not sure how to proceed, check in with your primary care physician.)
3. The timing between doses doesn't need to be exact. (This is not relevant for those receiving the vaccine from The Admiral in partnership with Walgreens.)
4. Your second dose should be from the same manufacturer as your first. (We have previously and will continue to receive the Moderna vaccine here.)
5. A rash at the injection site isn't a reason to skip your second dose. (If you have concerns or questions about this, please speak with your primary care physician.)
6. You should temporarily avoid all other vaccines. (Another one for your primary care physician to weigh in on if you have questions.)
7. Full immunity is not immediate. (It will take a full two weeks from the date of your second vaccine dose to receive full protection.)
8. You still need to wear a mask.

cc: Megan Callahan, HealthPro
 Tricia Mullin, SASI

Dr. Eric Mizuno, Medical Director
 Pamela Winkler, Rainbow Hospice