



To: Residents and Staff
From: Nadia N. Geigler, CEO *Nadia*
Date: Wednesday, January 20, 2021
Re: COVID-19 Prevention and Protection

COVID Count

ACTIVE cases	
Residents	Staff
0	2

RECOVERED cases	
Residents	Staff
25	42+7

" +7" refers to a non-staff provider

This morning we learned of an employee who tested positive. This person has been home for a while now after developing symptoms so there has been no risk of exposure or spread here in our Admiral community. Additionally, the person is free of symptoms and will complete their quarantine period tomorrow, moving to recovered at that time.

Underselling the Vaccine

The below is an excerpt from an article written by David Leonhardt which appeared in The New York Times on January 18, 2021. If you are not sure about the benefits of the vaccine or how safe it will be, please read on and let me, Mark, Angela or Dr. Mizuno know if you have questions we can help answer.

‘Ridiculously encouraging’

Right now, public discussion of the vaccines is full of warnings about their limitations: *They’re not 100 percent effective. Even vaccinated people may be able to spread the virus. And people shouldn’t change their behavior once they get their shots.*

These warnings have a basis in truth, just as it’s true that masks are imperfect. But the sum total of the warnings is misleading, as I heard from multiple doctors and epidemiologists last week.

“It’s driving me a little bit crazy,” Dr. Ashish Jha, dean of the Brown School of Public Health, told me.

“We’re underselling the vaccine,” Dr. Aaron Richterman, an infectious-disease specialist at the University of Pennsylvania, said.

“It’s going to save your life — that’s where the emphasis has to be right now,” Dr. Peter Hotez of the Baylor College of Medicine said.

The Moderna and Pfizer vaccines are “essentially 100 percent effective against serious disease,” Dr. Paul Offit, the director of the Vaccine Education Center at Children’s Hospital of Philadelphia, said. “It’s ridiculously encouraging.”

Here's my best attempt at summarizing what we know:

- The Moderna and Pfizer vaccines — the only two approved in the U.S. — are among the best vaccines ever created, with effectiveness rates of about 95 percent after two doses. That's on par with the vaccines for chickenpox and measles. And a vaccine [doesn't even need](#) to be so effective to reduce cases sharply and crush a pandemic.
- If anything, the 95 percent number [understates the effectiveness](#), because it counts anyone who came down with a mild case of Covid-19 as a failure. But turning Covid into a typical flu — as the vaccines evidently did for most of the remaining 5 percent — is actually a success. Of the 32,000 people who received the [Moderna](#) or [Pfizer](#) vaccine in a research trial, do you want to guess how many contracted a severe Covid case? One.
- Although no rigorous study has yet analyzed whether vaccinated people can spread the virus, it would be surprising if they did. "If there is an example of a vaccine in widespread clinical use that has this selective effect — prevents disease but not infection — I can't think of one!" [Dr. Paul Sax](#) of Harvard has written in *The New England Journal of Medicine*. (And, no, exclamation points are not common in medical journals.) On Twitter, [Dr. Monica Gandhi](#) of the University of California, San Francisco, argued: "Please be assured that YOU ARE SAFE after vaccine from what matters — disease and spreading."
- The risks for vaccinated people are still not zero, because almost nothing in the real world is zero risk. A tiny percentage of people may have allergic reactions. And I'll be eager to see what the studies on post-vaccination spread eventually show. But the evidence so far suggests that the vaccines are akin to a cure.

The article ends by offering these talking points for us to consider:

- We should immediately be [more aggressive](#) about mask-wearing and social distancing because of the new [virus variants](#). We should vaccinate people as rapidly as possible — which will require approving other Covid vaccines when the data justifies it.
- People who have received both of their vaccine shots, and have waited until they take effect, will be able to do things that unvaccinated people cannot — like having meals together and hugging their grandchildren. But until the pandemic is defeated, all Americans should wear masks in public, help unvaccinated people stay safe and contribute to a shared national project of saving every possible life.

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