

COVID-19 UPDATE

December 15, 2020

Dear Residents of The Mather,

We wanted to inform you that we learned yesterday, December 14, 2020, that **a resident in Independent Living tested positive for COVID-19**. The resident is isolating off-site. We wish this individual a speedy recovery. The Mather is interviewing this individual to determine if he/she was in close contact with residents and/or employees (meaning within 6 feet of anyone for more than 15 minutes). Individuals who have been in close contact will be notified.

COVID-19 VACCINE NEWS:

The Centers for Disease Control and Prevention has identified health care workers and nursing home residents as the first group to receive the COVID-19 vaccine. There is a lot of activity by the state and local health department about how this will happen, and most plans are still in draft form, but we do have some information. We want to share this so you can begin thinking about any questions you may have about the vaccination process.

We want you to know that Mather has taken the steps needed to have residents and employees of The Mather included in the first group to receive the vaccine. It is important to note that we may be notified only days before a provider comes on-site to administer the vaccination. We are strongly encouraging individuals to be vaccinated (unless there is a medical condition or factor that serves as a reason not to, known as medical contraindication). The vaccine is an important part in stopping the spread of COVID-19.

Although we do not know which vaccine we will be given, here are some things to consider about the COVID-19 vaccines in general:

- **FACT:** COVID-19 vaccines will not give you COVID-19. None of the COVID-19 vaccines currently in development in the United States use the live virus that causes COVID-19.
- **FACT:** COVID-19 vaccines will not cause you to test positive on COVID-19 viral tests.
- **FACT:** People who have gotten sick with COVID-19 may still benefit from getting vaccinated.
- **FACT:** Getting vaccinated can help prevent you from getting sick with COVID-19.
- **FACT:** Receiving an mRNA vaccine will not alter your DNA.
- **FACT:** You will still need to utilize infection prevention measures after you are vaccinated.
- The first vaccines will most likely require a two-injection process, three weeks apart.

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- There is a possibility of some side effects from receiving the vaccine that may last for 24 to 48 hours. Those may include, but are not limited to, soreness at the injection site, fatigue, fever, and flu-like symptoms.

If you have questions or concerns about the COVID-19 vaccine, please seek guidance from your health care provider.

We will be providing additional details on the vaccination process for The Mather as we learn more.

Sincerely,

Deann Daniel
Executive Director

PLEASE SELF-MONITOR FOR COVID-19 SYMPTOMS:

If you are experiencing any of the following symptoms, you should contact your physician for guidance, stay in your home, and notify the Wellness Nurse by calling the Concierge at (847) 492.5000. Symptoms include a loss of taste or smell, cough, fever, sore throat, shortness of breath, headache, chills, muscle pain, pink eye, eye pain, vertigo, discoloration of the toes, and gastrointestinal issues such as diarrhea, nausea, or vomiting.