

# COVID-19 UPDATE & VACCINE INFO

January 30, 2021

Dear Residents of The Mather,

We wanted to inform you that we have learned that **an employee of The Mather Life Centre and an employee who works in Independent Living tested positive for COVID-19**. The Mather is interviewing these individuals to determine if they were 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. We wish them a speedy recovery.

## IMPORTANT FAQs ABOUT THE VACCINE:

**Q: I received the vaccine, so I am protected, right?**

A: The vaccine is an important step in stopping the spread of COVID-19 but it doesn't mean you are immune to it. You can still carry the virus and pass it to others. At The Mather, employees and residents received the Pfizer vaccine. Based on data published in the *New England Journal of Medicine*, the data showed that the vaccine reduced the risk of COVID-19 **after the second dose** by 95%.

**Q: Does the vaccine I received work against the new variants?**

A: While it is thought that the vaccine will protect against the new variants, they are just beginning the testing. The variant spreads the same way COVID-19 has always spread. You're most likely to contract the virus if you spend time in an enclosed space breathing the air of an infected person. The same things that have protected you from the original strain should help protect you from the variant, although you may need to be more rigorous. **Wear a three-layer mask. Do not spend time indoors with people not from your household. Avoid crowds and keep your distance. Wash your hands often and avoid touching your face.**

**Q: Do I still need to wear a mask?**

A: Yes. The virus which causes COVID-19 is thought to be mostly spread by respiratory droplets released when people talk, sneeze, or cough. Wearing a mask stops these droplets from spreading to others. **It is important to continuing practicing the safety measures such as wearing a mask over your nose and mouth, washing your hands with soap for 20 seconds or more or using hand sanitizer, and keeping a distance of 6 feet or more from others.**

If you have questions about the vaccine, we encourage you to do some research—including speaking with your primary care physician. It is important to get information from reliable sources such as the Centers for Disease Control and Prevention (CDC).

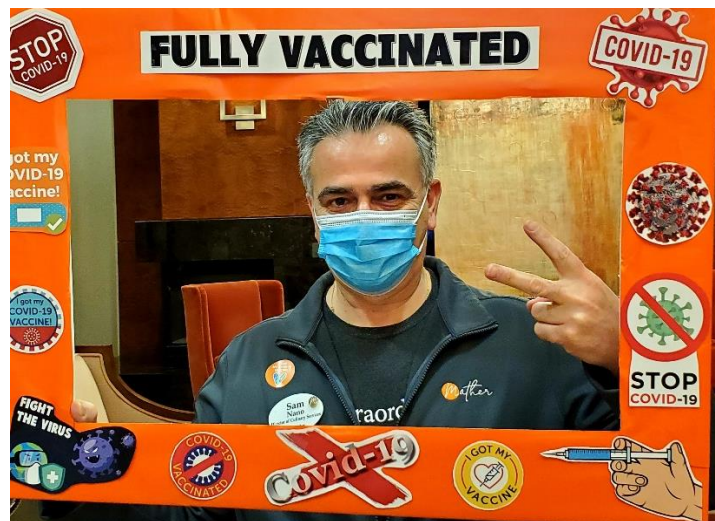
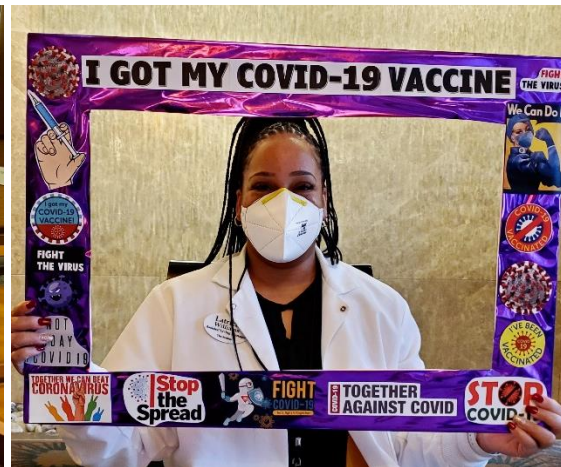
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We also encourage you to listen to the first 10-minutes of an informational session full of commonly asked questions and answers.

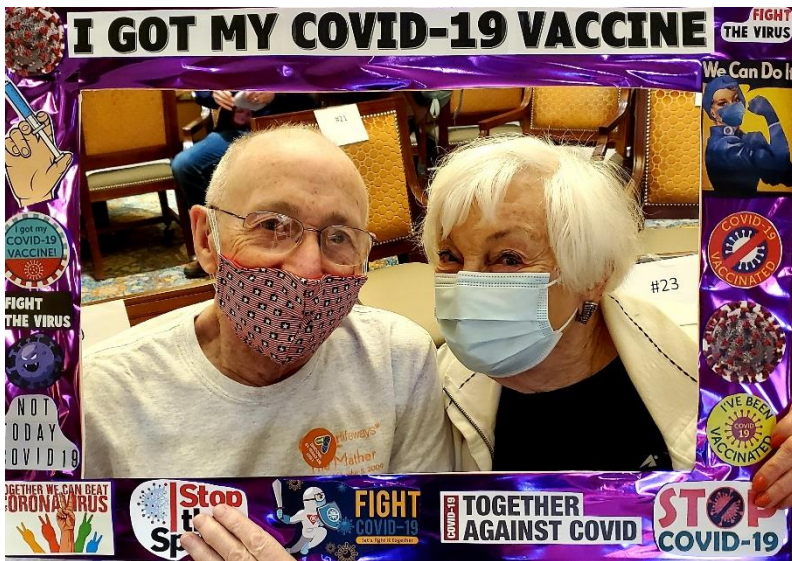
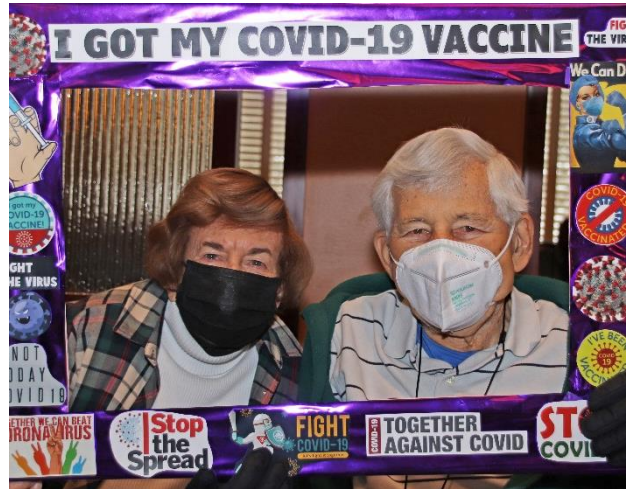
- Illinois Department of Public Health COVID-19 Updates and Q&As: [Cisco Webex Meetings - Replay Recorded Meeting](#)

Getting the vaccine is the ultimate way to reduce risk for yourself and others. We must all continue to work together and remain vigilant on practicing the infection control measures that are effective in minimizing the spread of this virus. The health and well-being of residents and employees continues to be our top priority.

We also want to celebrate those who received the vaccine this past week at The Mather – it was a wonderful day and a sign of hope. Thank you to those who participated.



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Take care and be well.

Sincerely,

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Executive Director



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1/30/2021

