

# COVID-19 UPDATE

August 25, 2021

Dear Residents and Family Members,

I hope you and your loved ones are well, and enjoying the last weeks of summer.

These days, it's hard to keep up with the many new developments about COVID-19, though it's clear that the situation has changed and that the number of positive cases, hospitalizations, and deaths is increasing across the US. This is due to the Delta variant.

Please take some time to educate yourself on the Delta variant. Keep in mind that it's important to get information from reliable sources such as the Centers for Disease Control and Prevention (CDC). **Social media is full of misinformation and opinions based on that misinformation.** Here is a brief overview on COVID-19 today and how each of us can reduce risks of infection:

## **ABOUT THE DELTA VARIANT**

The Delta variant is known to be more than two times as contagious than the previous variants.

Breakthrough infections, or infections in those who are vaccinated, happen much less often than infections in unvaccinated people. However, **even if you're vaccinated, you can become infected with and transmit COVID-19.** [cdc.gov/coronavirus/2019-ncov/variants/delta-variant.html](https://www.cdc.gov/coronavirus/2019-ncov/variants/delta-variant.html).

Monica Ghandi, a physician with the Division of HIV, Infectious Diseases, and Global Medicine at San Francisco General Hospital has said, "Just the fact that you have more circulating virus alone will make it more likely that you get a mild breakthrough infection. And the problem with a mild breakthrough infection is **you can pass on to another and that other person, if they're unvaccinated, can get sick.**"

## **WHAT HAPPENS IF YOU HAVE A COVID-19 EXPOSURE?**

New guidelines indicate that fully vaccinated people who have come into close contact with someone with COVID-19 should be tested **three to five days following the date of their exposure** and wear a mask in public indoor settings for 14 days or until they receive a negative test result. **Should you test positive, you should isolate for 10 days.** [cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html)

**Close contact to COVID-19** occurs when you are within six feet of someone who is showing symptoms of COVID-19, or an infected person who shows no symptoms but later tests positive for the coronavirus, for at least 15 cumulative minutes over a 24-hour

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period. This is considered exposure regardless of whether one or both parties were wearing a mask.

**If you feel ill, it is best to stay home.** If you are experiencing symptoms of COVID-19, please contact your physician, quarantine in your home, and inform the Concierge at (847) 256.9300.

## **IMPORTANT INFORMATION ABOUT THE BOOSTER SHOT**

Plan to get your **COVID-19 vaccine booster** when it becomes available to you. Mather is currently working with our designated pharmacy about hosting booster vaccination clinics. We will share more information as it becomes available.

## **PLEASE HELP KEEP OUR COMMUNITY SAFE**

Please take these steps to protect yourself, your family, and the residents and employees in our community. **Note that anyone who is immunocompromised should take extra precautions, and should not be indoor settings with unvaccinated people.** These steps have been proven to greatly reduce risk of contracting COVID-19:

1. **If you have travel plans**, check travel advisory websites for the CDC and your local health department to determine if you need to quarantine or get tested before you return to work.
2. Live a **low-risk lifestyle**, including avoiding large gatherings. Don't gather indoors unless everyone is fully vaccinated, wears masks, and maintains physical distance. **Try to move gatherings and events outdoors when possible.** Indoor gatherings should increase ventilation with outdoor air and air filtration.
3. **Wear a good-quality face mask** that covers your mouth and nose when you are indoors anywhere outside your home.
4. Practice **physical distancing** with others (no closer than 6 feet away for no more than 15 minutes).
5. Practice **good hand hygiene** by washing your hands frequently for 20 or more seconds, or using hand sanitizer.
6. Get your **COVID-19 booster shot** when it becomes available to you.

The health and well-being of residents and employees remains our top priority. We will continue to provide ongoing communication as we monitor the changes in our areas and work closely with local and state health departments.

Please take care and stay well.

Sincerely,

Katrina O'Neill, Executive Director

*PS: Please note that this letter is being shared with all residents' current emergency contacts.*

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