

COVID-19: What You Need to Know at Ocean Reef

Updated: December 16, 2020

This year has been unlike any other previously experienced. Many of you have called into the Medical Center to express your concerns, ask questions and understand how best to ensure the welfare of family, friends and our Ocean Reef community. In an effort to provide additional guidance, your Medical Center has developed the following recommendation. This information is a composition of guidance sourced from the CDC. Additional information can be referenced by visiting the CDC's web page at www.cdc.org.

Arrival and Departures:

- The Medical Center recommends establish a base line and test before arriving to Ocean Reef.
 - If you have COVID symptoms, tested positive or have been in close contact with someone that has the virus; Defer your arrival to the Reef until you are negative or have successfully completed the quarantine period.
 - Pre-travel testing would reduce the risk of allowing COVID-19 infected people on airplanes and other forms of public transportation, provided that the results of the testing are known and acted upon before travel begins. *Ref. CDC.*
 - Post-arrival testing can help reduce the risk of infected persons spreading the virus at their destination (whether at home or at their travel location). *Ref. CDC.*
 - If you opt for “post-arrival” testing, the Medical Center recommends setting aside a 3-5 day self-quarantine period each member of your travel party to include family and friends
 - Not all testing methodologies are the same.
 - It is important to confirm with your State and Local government agencies to ensure you have identified the appropriate test for travel
 - The timing (turn-around time) of results may vary. Plan accordingly.

Responsible Citizenship:

- The wearing of a mask in all designated areas defined by the CDC and/or when required.
- Implement Social Distancing strategies whenever and wherever appropriate
- Avoid large social gatherings of more than 10 people
- Engage in pro-active sound sanitation techniques.

Testing: Considerations for who should get tested

- People who have symptoms of COVID-19.
- People who have had [close contact](#) (within 6 feet for a total of 15 minutes or more) with someone with confirmed COVID-19.

- People who have been asked or referred to get testing by their healthcare provider, local or state health department.
- **Not everyone needs to be tested.**
 - If you do get tested, you should self-quarantine/isolate at home pending test results and follow the advice of your health care provider or a public health professional. A negative coronavirus test result means you didn't have the virus when you took the test (or you were tested too early in the infection for the virus to be detected). It doesn't protect you from future infection after you leave the testing site and take a plane, train, bus or car on a trip.
- **If you test positive for COVID-19**, know what protective steps to take [if you are sick](#).
 - Most people have mild COVID-19 illness and can recover at home without medical care. Contact your healthcare provider if your symptoms are getting worse or if you have questions about your health.
- **If you test negative for COVID-19**, you probably were not infected at the time your sample was collected. This does not mean you will not get sick:
 - A negative test result only means that you did not have COVID-19 at the time of testing or that your sample was collected too early in your infection.
 - You could also be exposed to COVID-19 after the test and then get infected and spread the virus to others.
 - If you have symptoms later, you may need another test to determine if you are infected with the virus that causes COVID-19.
- The Medical Center will prioritize Symptomatic testing request. All other associated COVID testing request(s) will be scheduled for the first available time scheduled appointment.

Reference Links:

1. <https://youtu.be/KpXZkChOXwl>
2. <https://www.cdc.gov/mmwr/volumes/69/wr/mm6945a5.htm>
3. <https://www.cdc.gov/media/releases/2020/p0714-americans-to-wear-masks.html>
4. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>
5. Travel Restrictions State & Territorial Health Department Websites: <https://www.cdc.gov/publichealthgateway/healthdirectories/healthdepartments.html>
6. What to know if you're considering travel: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>
7. What to know: Holiday Celebrations and Small Gatherings: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

8. Testing: What to know: <https://www.fda.gov/consumers/consumerupdates/coronavirus-disease-2019-testing-basics>

9. <https://www.nytimes.com/2020/11/16/health/Covid-moderna-vaccine.html>

FACTS ABOUT COVID-19 VACCINATIONS:

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. There are several different types of vaccines in development. However, the goal for each of them is to teach our immune systems how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, such as fever. These symptoms are normal and are a sign that the body is building immunity. Learn more about how COVID-19 vaccines work.

It typically takes a few weeks for the body to build immunity after vaccination. That means it's possible a person could be infected with the virus that causes COVID-19 just before or just after vaccination and get sick. This is because the vaccine has not had enough time to provide protection.

FACT: COVID-19 vaccines will not cause you to test positive on COVID-19 viral tests

Vaccines currently in clinical trials in the United States won't cause you to test positive on viral tests, which are used to see if you have a current infection.

If your body develops an immune response, which is the goal of vaccination, there is a possibility you may test positive on some antibody tests. Antibody tests indicate you had a previous infection and that you may have some level of protection against the virus. Experts are currently looking at how COVID-19 vaccination may affect antibody testing results.

FACT: People who have gotten sick with COVID-19 may still benefit from getting vaccinated

Due to the severe health risks associated with COVID-19 and the fact that re-infection with COVID-19 is possible, people may be advised to get a COVID-19 vaccine even if they have been sick with COVID-19 before.

At this time, experts do not know how long someone is protected from getting sick again after recovering from COVID-19. The immunity someone gains from having an infection, called natural immunity, varies from person to person. Some early evidence suggests natural immunity may not last very long.

We won't know how long immunity produced by vaccination lasts until we have a vaccine and more data on how well it works.

Both natural immunity and vaccine-induced immunity are important aspects of COVID-19 that experts are trying to learn more about, and CDC will keep the public informed as new evidence becomes available.

FACT: Getting vaccinated can help prevent getting sick with COVID-19

While many people with COVID-19 have only a mild illness, others may get a severe illness or they may even die. There is no way to know how COVID-19 will affect you, even if you are not at increased risk of severe complications. If you get sick, you also may spread the disease to friends, family, and others around you while you are sick. COVID-19 vaccination helps protect you by creating an antibody response without having to experience sickness. Learn more about how COVID-19 vaccines work.

FACT: Receiving an mRNA vaccine will not alter your DNA

mRNA stands for messenger ribonucleic acid and can most easily be described as instructions for how to make a protein or even just a piece of a protein. mRNA is not able to alter or modify a person's genetic makeup (DNA). The mRNA from a COVID-19 vaccine never enter the nucleus of the cell, which is where our DNA are kept. This means the mRNA does not affect or interact with our DNA in any way. Instead, COVID-19 vaccines that use mRNA work with the body's natural defenses to safely develop protection (immunity) to disease. Learn more about how COVID-19 mRNA vaccines work.

How do I know which sources of COVID-19 vaccine information are accurate?

Finding Credible Vaccine Information: <https://www.cdc.gov/vaccines/vac-gen/evalwebs.htm>

Before considering vaccine information on the Internet, check that the information comes from a credible source and is updated on a regular basis.

CDC's vaccines and immunization web content is researched, written and approved by subject matter experts, including physicians, researchers, epidemiologists, and analysts. Content is based on peer-reviewed science. CDC leadership makes the final decision on the words, images and links to best serve the information needs of the public as well as healthcare providers, public health professionals, partners, educators, and researchers. Science and public health data are frequently updated. Most pages are reviewed yearly.

8 Things to know about Vaccine Planning:

1. The safety of COVID-19 vaccines is a top priority.
2. Many vaccines are being developed and tested, but some might be ready before others—CDC is planning for many possibilities.
3. At least at first, COVID-19 vaccines might be used under an Emergency Use Authorization (EUA) from the U.S. Food and Drug Administration (FDA).
4. There may be a limited supply of COVID-19 vaccines before the end of 2020, but supply will continually increase in the weeks and months that follow.
5. If there is limited supply, some groups may be recommended to get a COVID-19 vaccine first.
6. At first, COVID-19 vaccines may not be recommended for children.
7. Cost will not be an obstacle to getting vaccinated against COVID-19.
8. COVID-19 vaccine planning is being updated as new information becomes available.

Prepare for these side effects after you take a coronavirus vaccine:

<https://bgr.com/2020/11/24/coronavirus-vaccine-side-effects-soreness-fever-symptoms/>

- **Coronavirus vaccines will soon be available to the general public, but people need to be aware that they aren't going to "feel wonderful" after being injected.**
- **Vaccines trigger an immune response in the body which can result in symptoms such as soreness, headaches, and fever, none of which should concern patients.**
- **It will be important for doctors to warn patients of the side effects before they take the vaccine, and important for those who take the vaccine to let everyone else know that the side effects aren't so bad.**