Good afternoon Ladies and Gentlemen,

You are not alone. All of us have experienced or are experiencing COVID fatigue. The daily barrage of information can be overwhelming. I have included recommendations you may find helpful. In addition, your Medical Center continues to monitor developments closely. Keep visiting this webpage for the latest updates. As always we are available to answer any questions and/or address concerns you may have.

Exercise

One of the best ways to relieve stress and worry is exercise. Not only does exercise release endorphins to make us feel better, it also helps us avoid having emotional outbursts. Exercise in a variety of ways at the gym, virtually or outdoors.

Practice Mindfulness

Focus on your current tasks and the natural world around you to help ease anxiety about the future. Process your feelings through breathing exercises, talking, writing in a journal, playing a musical instrument, reading or performing a task that relaxes you.

Sleep

Aim for 7 to 9 hours of sleep per night. If it takes you longer than 15 minutes to fall asleep, set aside some time before bedtime to do things that help you relax. Try meditating, relaxation breathing, and progressive muscle relaxation.

Watch What You Are Watching

Consider limiting yourself to a few trustworthy news sources, as well as how much time per day you spend consuming the news.

Stay Socially Connected through Technology

Use technology to stay in touch with friends and family while keeping a safe physical distance.

References:

https://www.cdc.gov/coronavirus/2019-ncov/hcp/managing-workplace-fatigue.html

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html

Vaccine Update:

FDA:

The US Food and Drug Administration authorized an additional COVID-19 vaccine dose for certain immunocompromised people on Thursday. The FDA amended the emergency use authorization (EUA) for the Pfizer/BioNTech and Moderna COVID-19 vaccines to allow for an additional dose for certain people with compromised immune systems. That group includes "specifically, solid organ transplant recipients or those who are diagnosed with conditions that are considered to have an equivalent level of immunocompromised," the agency wrote in a statement Thursday. The FDA also recommends immunocompromised individuals maintain other precautions, including physical distancing and masking.

CDC:

Vaccine advisers to the US Centers for Disease Control and Prevention voted on Friday to recommend an extra dose of Covid-19 vaccine for some immunocompromised people. "This EUA is intended to be for people with moderate to severe immunosuppression and not persons with chronic conditions for which there might be mild associated immunosuppression," the CDC's Dr. Amanda Cohn told the meeting. "The intent of our clinical considerations is to allow for some flexibility for providers to assess their patients' immunosuppression and individuals will need to kind of attest to their immunosuppression to get vaccine," Cohn added. "But the intent of this is to limit this to individuals for which, are considered under the EUA to be moderate or severe and so for example would not include long-term care facility residents or persons with diabetes, persons with heart disease -- those types of chronic medical conditions are not the intent here."

The Medical Center is exploring the procurement of additional Pfizer COVID-19 vaccine. Updates will follow as more information becomes available. Check this page often for vaccine status updates.

In addition, Pfizer/BioNTech has initiated its application to the US Food and Drug Administration for full FDA approval of its Covid-19 vaccine for people ages 16 and older, the companies said Friday. This is the first Covid-19 vaccine in the United States to be assessed for full approval from the FDA. To apply for full FDA approval Pfizer/BioNTech submitted a Biologics License Application, known as a BLA. The FDA requires vaccine manufacturers submit data on manufacturing processes, facilities and additional information that demonstrates that the vaccine can be produced reliably and consistently. They are also required to submit all pre-clinical and clinical trial data. Pfizer/BioNTech will submit that information to the FDA over the next few weeks on a rolling basis. Once all the required information is submitted, a goal date will be set for a decision by the FDA. Pfizer/BioNTech has requested priority review, which asks

the FDA to take action within 6 months, compared to the 10 months designated under standard review. The application to the FDA is only intended for adults 16 and older. Pfizer/BioNTech is simultaneously applying to expand its EUA to include children ages 12 to 15. The companies then plan to submit an additional BLA to cover this younger age group once the essential data has been collected six months after administering second doses.

Continue to enjoy your Summer.

Best,
Chris