

September 10, 2021

Get vaccinated.



Wear a mask.



Stay 6 feet from others,  
and avoid crowds.



Wash  
hands often.

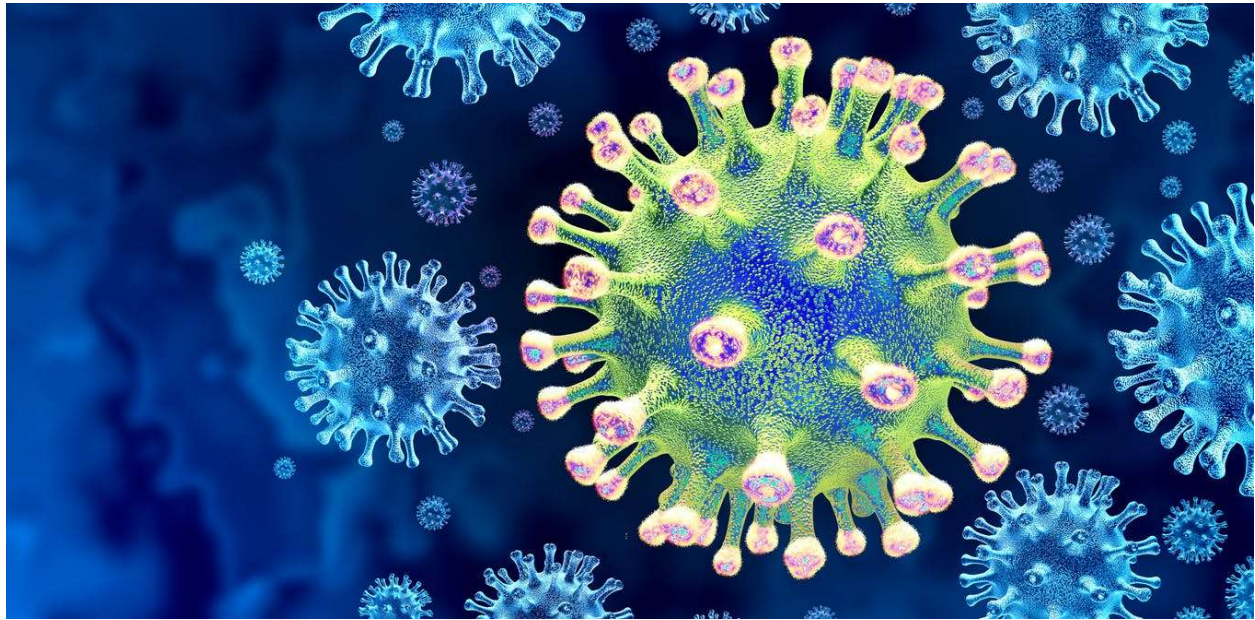
Good Day Ladies and Gentlemen,

This virus and the subsequent variants have taken quite a toll over the last 2 years. The constant barrage of daily madness can be deafening. I too was reminded recently how all consuming “COVID” has become with a simple act of kindness. The power of kindness cannot be overstated. It can be a formidable weapon in our fight against COVID. I encourage everyone to find an opportunity to share some of our Ocean Reef sunshine.

*A single act of kindness throws out roots in all directions, and the roots spring up and make new trees.” -Amelia Earhart*

In Other News:

*Out of abundance of caution, the Medical Center is screening all guests before providing entrance into the facility. To ensure our team is able to address your needs; we kindly ask to be as forthcoming as possible regarding your visit and provide all symptoms you may be experiencing.*



## Key Things to Know About COVID-19 Vaccines

### What You Need to Know

- COVID-19 vaccines are effective at helping protect against severe disease and death from **variants** of the virus that causes COVID-19 currently circulating, including the Delta variant.
- [If you are fully vaccinated](#) you can resume many activities that you did before the pandemic, but you should wear a mask indoors in public if you are in an area [of substantial or high transmission](#) to maximize protection from the Delta variant and possibly spreading it to others.
- You may have [side effects](#) after vaccination. These are normal and should go away in a few days.
- [Learn how to find a COVID-19 vaccine](#) so you can get it as soon as you can.

### What We Are Still Learning

- How well the vaccines protect people with weakened immune systems, including people who take medicines that suppress the immune system
- How long COVID-19 vaccines protect people
- How many people have to be vaccinated against COVID-19 before the population can be considered protected (population immunity)
- How effective the vaccines are against new variants of the virus that causes COVID-19

## Availability of Vaccines

What we know

Vaccines are widely accessible in the United States. Everyone aged 12 years and older should [get a COVID-19 vaccination](#) as soon as possible.

Vaccines are widely accessible in the United States and are available for everyone at no cost. Learn more about [how COVID-19 vaccines get to you](#).

Many doctors' offices, retail pharmacies, hospitals, and clinics offer COVID-19 vaccinations. Parents, check with your child's healthcare provider about whether they offer COVID-19 vaccination.

**Find a COVID-19 Vaccine:** Search [vaccines.gov](#), text your ZIP code to 438829, or call 1-800-232-0233 to find locations near you.

Cost of Vaccines

Fast, Easy, Free, and Nearby COVID-19 Vaccination

The federal government is providing the vaccine **free of charge** to all people living in the United States, regardless of their immigration or health insurance status.

[COVID-19 Vaccines Are Free](#)

## Effectiveness

What we know

COVID-19 vaccines are effective at protecting you from COVID-19, especially severe illness and death. COVID-19 vaccines reduce the risk of people spreading the virus that causes COVID-19. If you are fully vaccinated, you can resume activities that you did before the pandemic. Learn more about what you can do [when you have been fully vaccinated](#).

Studies show that COVID-19 vaccines are effective at keeping you from getting COVID-19. Getting a COVID-19 vaccine will also help keep you from getting seriously ill even if you do get COVID-19. Learn more about the [benefits of getting vaccinated](#).



COVID-19 vaccines teach our immune systems how to recognize and fight the virus that causes COVID-19. It typically takes 2 weeks after vaccination for the body to build protection (immunity) against the virus that causes COVID-19. That means it is possible a person could still get COVID-19 before or just after vaccination and then get sick because the vaccine did not have enough time to build protection. People are considered fully vaccinated 2 weeks after their second dose of the Pfizer-BioNTech or Moderna COVID-19 vaccines, or 2 weeks after the single-dose Johnson & Johnson's Janssen COVID-19 vaccine.

People with moderately to severely compromised immune systems should [receive an additional dose](#) of mRNA COVID-19 vaccine after the initial 2 doses.

#### What we are still learning

We are still learning how well COVID-19 vaccines protect people with weakened immune systems, including people who take medicines that suppress the immune system. We're also still learning how long COVID-19 vaccines protect people.

If you have a medical condition or are taking medicines that weaken your immune system, you should talk to your healthcare provider. You may need to keep taking all [precautions](#) to prevent COVID-19 disease.

#### Safety

##### What we know

COVID-19 vaccines are [safe and effective](#). Vaccines cannot give you COVID-19. You may have side effects after vaccination. These are normal and should go away in a few days.

Millions of people in the United States have received COVID-19 vaccines, and these vaccines have undergone the most intensive safety monitoring in U.S. history. This monitoring includes using both established and new safety monitoring systems to make sure that COVID-19 vaccines are safe. COVID-19

vaccines cannot give you COVID-19. Learn more to [bust myths and learn the facts about COVID-19 vaccines](#).

CDC has developed a new tool, v-safe, to help us quickly find any safety issues with COVID-19 vaccines. [V-safe](#) is a smartphone-based, after-vaccination health checker for people who receive COVID-19 vaccines. Learn how the federal government is [working to ensure the safety of COVID-19 vaccines](#).

You may have side effects after vaccination, but these are normal

After COVID-19 vaccination, you may have some side effects. These are normal signs that your body is building protection. The side effects from COVID-19 vaccination, such as tiredness, headache, or chills, may affect your ability to do daily activities, but they should go away in a few days. Learn more about [what to expect after getting vaccinated](#).

### Population Immunity

What we know

Population immunity, also known as herd immunity or community immunity, means that enough people in a community are protected from getting a disease because they've already had the disease or because they've been vaccinated.

Population immunity makes it hard for a disease to spread from person to person. It even protects those who cannot be vaccinated, like newborns or people who are allergic to a vaccine. The percentage of people who need to have protection to achieve population immunity varies by disease.

What we are still learning

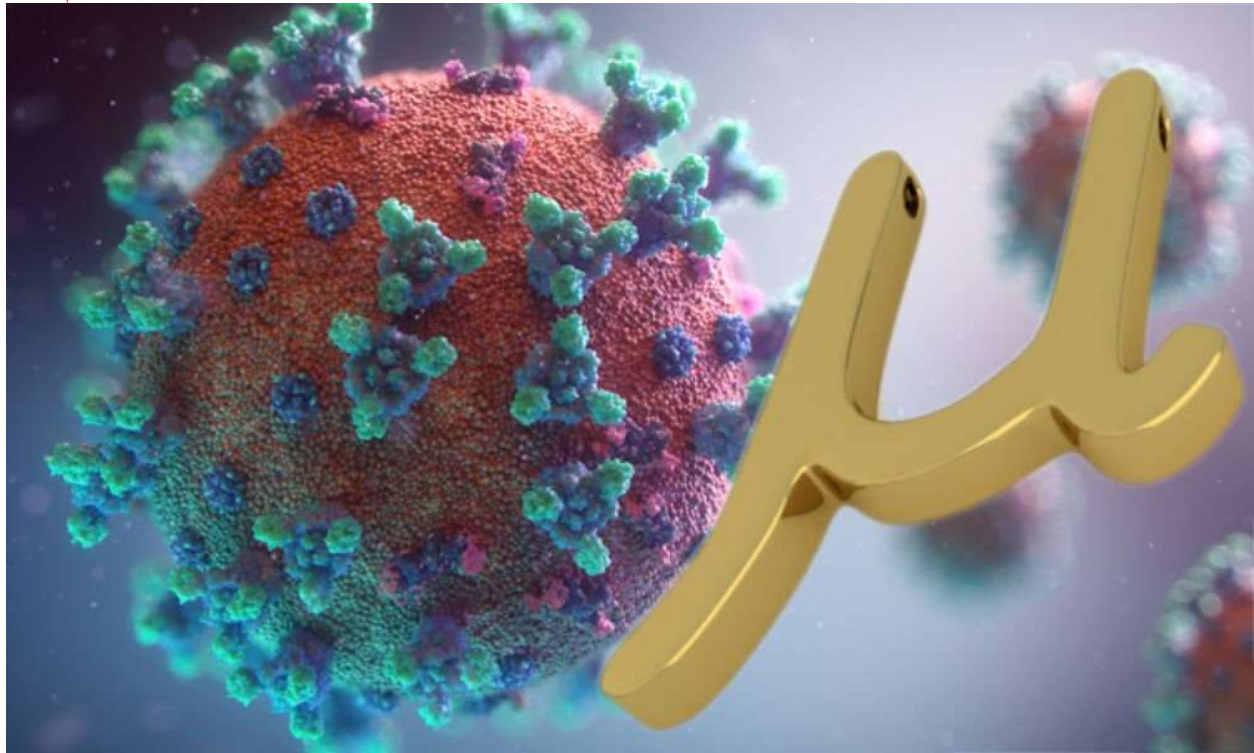
We are still learning **how many people** have to be vaccinated against COVID-19 before the population can be considered protected.

As we know more, CDC will continue to update our recommendations for both vaccinated and unvaccinated people.

Variants and Vaccines

- FDA-authorized COVID-19 vaccines help protect against [Delta and other known variants](#).
- These vaccines are effective at keeping people from getting COVID-19, getting very sick, and dying.
- To maximize protection from the [Delta variant](#) and prevent possibly spreading it to others, you should wear a mask indoors in public if you are in an [area of substantial or high transmission](#) even if you are fully vaccinated.
- We don't know how effective the vaccines will be against new variants that may arise.





## New Variants

What we know

COVID-19 vaccines are effective against severe disease and death from variants of the virus that causes COVID-19 currently circulating in the United States, including the Delta variant.

- Infections happen in only a small proportion of people who are fully vaccinated, even with the Delta variant. When these infections occur among vaccinated people, they tend to be mild.
- If you are fully vaccinated and become infected with the Delta variant, you might be able to spread the virus to others.
- People with weakened immune systems, including people who take immunosuppressive medications, may not be protected even if fully vaccinated.

### New ‘mu’ COVID variant now found in 49 U.S. states

“This is what makes getting vaccinated and layering protections so important. These are actions that break the chain of transmission and limits COVID-19 proliferation that allows for the virus to mutate into something that could be more dangerous.”

On Aug. 30, the World Health Organization called the mu variant a variant of interest due to its ability to be more transmissible than any of the other strains of COVID-19.



The Centers for Disease Control and Prevention has not yet made similar classifications about mu in the U.S.

Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases, said that health officials were maintaining a “close eye” on the mu variant despite it being “not at all even close” to becoming the dominant COVID-19 strain in the U.S.

“Even though it has not in essence taken hold to any extent here we always pay attention to at all times variants,” Fauci said.

The U.S. saw its peak of mu variant cases in mid-July but case numbers involving that variant have been declining since, signaling either a weakening of the strain or indicating a worrisome future.

### RESOURCE

Additional information, links to community and local resources, MCOR’s updated COVID-19 tracking grid and more is available at:

[WWW.MCOR.ORG](http://WWW.MCOR.ORG)