

St. Francis Rehabilitation and Nursing Center
Bishop Bradley Senior Living Community
406 Court Street
Laconia, NH 03246
T: 603-524-0466
F: 603-527-0884
stfrancisrehabcenter.org



December 18, 2020

I am writing to give you an update on what is happening here at St. Francis. On December 9 we tested all of our employees and had one positive employee. On December 14 we tested all of our employees, residents and tenants. At this time, we had another employee test positive. This is being done per the NH Public Health guidelines. St. Francis is currently considered in Phase 0 of the NH Public Health guidelines due to the two employees testing positive. We are scheduled to do testing on all residents, tenants and employees on December 21 and December 28 and I will let you know what the results are for these two tests. Due to the two employees testing positive we have had to stop all communal dining and activities. Residents need to stay in their room for the most part. We are providing things for them to do in their room. All employees are wearing full PPE to include N 95 masks. The positivity rate in our county is also going up. This week it is 12.4%.

We would like to encourage you to continue with virtual visits and with window visits. Please call Mindy at ext. 330 to schedule window visits with your family member. You can reach Tasha or Cindy at ext. 313 for virtual visits.

Please note that when a resident leaves the facility for an emergency room visit we are placing the resident in a 14 day quarantine room which is a private room on our Lodge wing. This now applies to all doctor's visits due to the high positivity rate in the community. The purpose for this is to avoid any potential exposure to others. We are trying to be as cautious as possible because we know that COVID-19 can spread very easily. At this point we would like to limit any outside visits for residents to medical emergencies only and have been using telehealth visits for some specialists.

I also want to remind you that we are prohibiting any non-essential items to come in to the residents as we know that the virus can live on objects for a short period of time and do not want to take the chance that it could be spread in this way. All laundry will be done by our laundry staff here. If there is an essential item that you would like to bring for your loved one it needs to be in a sealed container that we can disinfect and leave in our entry way for a period of time before bringing in the facility. We are accepting floral deliveries. We will be cleaning and wiping down the vases. Christmas gifts will be delivered to residents on December 24 by the employees here. Thank you all for bringing in your gifts early for your loved ones. Every resident will also receive a personal gift from St. Francis as well. We are also encouraging you to decorate the outside of your loved ones' windows with Christmas decorations of your choice.

We have the dates for our COVID-19 vaccine clinics. They will be held on January 6 and January 25, 2021. The vaccine clinics are being done in partnership with Walgreens Pharmacy. For those of you who have loved ones whose DPOA/HC are activated, you should have received the consent forms by now. The vaccine is made by Pfizer and will be administered in 2 doses that are 21 days apart. There will be enough for every resident, tenant and employee to receive the vaccine. Please sign and return your consent forms no later than December 30. For questions regarding the vaccine, please call Mary Wakefield RN DNS at ext. 314 or Asiah Newsome RN ADNS at ext. 337. Please see the attached information as well.

We continue using surgical masks for our residents. The NH Public Health Department has requested that masks be used on our residents while we are providing care for them and when they are out of their rooms. The purpose of the masks is to have all of us keep our germs to ourselves. We are learning more about this virus and we know that it can be spread to others without showing any symptoms.

I would like to remind you to please continue to wear your masks when you are in public and to practice social distancing. This is so important for your own safety as well as the safety of your families. We need to be the examples for others. Thank you very much.

While we know this is an incredibly challenging time for you and your family, please be assured that we remain committed to the care and support of your loved one here at St. Francis. Their safety, health and well-being remain our firm commitment.

We will continue to keep you updated as time goes on.

God bless,

Brenda Buttrick RN, LNHA
Administrator



COVID-19 Vaccine What to Expect



Your trusted immunizer

Our patients have given us a consistently high satisfaction rating for our expertise, courtesy and friendliness throughout the Walgreens vaccination experience.¹ Since 2010, we've administered 60 million immunizations. And today, we continue to pave the way for pharmacy immunization services and more — rest assured, you're in great hands.

Keeping you healthy, safely

With Walgreens, your safety always comes first. We're thoroughly following the CDC recommendation for social distancing and PPE. Here's what you can expect to do when getting your vaccine:

- View vaccine safety information
- Complete applicable paperwork
- Participate in eligibility screening
- Receive your vaccination
- Take part in a 15-minute safety observation following your vaccination

Walgreens

More information ►

Personalized care for the best experience



Going the extra mile to get you the best possible care

We're extensively training over 75,000+ seasoned pharmacists and technicians to become COVID-19 specialists. With their specialized COVID-19 expertise combined with 10+ years of immunization experience, they are able to provide the highest quality care to you and your loved ones.



Working together with your facility to accommodate your needs

Our close relationship with your facility allows us to understand and tailor our care to your specific needs. We'll stay connected with staff on your schedule and any special accommodations to help you easily — and safely — get what you need.

Your questions answered

Walgreens is gathering the latest insights about COVID-19 vaccine safety and effectiveness, and common questions from our patients, all in one place.

Stay up-to-date at [walgreens.com/covidvaccine](https://www.walgreens.com/covidvaccine).

Reference

1. Walgreens Customer Experience Tracking Study

Walgreens

COVID-19 VACCINE: ANSWERS TO YOUR QUESTIONS

A PRESENTATION FOR STAFF AND
RESIDENTS IN POST-ACUTE AND
LONG-TERM CARE



THE SOCIETY
FOR POST-ACUTE AND
LONG-TERM
CARE MEDICINE™



WHY SHOULD I GET VACCINATED?

- Protect myself and my family
- Keep my residents safe
- Help stop spread in the community
- Set the example for others, including residents, families, co-workers, and the community-at-large

COMMON QUESTIONS WE WILL ADDRESS:

- How do we know the vaccine is effective and safe?
- Why should we trust the vaccine?
- Is there new technology being used and is that dangerous to me?
- What is an EUA and what does that mean for me?
- When and how long will I be protected?
- Will I still need to wear a mask?
- What are the expected side effects?
- What if I've already had COVID-19?
- Where should I look to get accurate information?

ARE THE COVID-19 VACCINES SAFE?

- Safety is the most important priority in vaccine approval
- Most side effects occur within 6 weeks of vaccination. To be more cautious, the FDA (Food and Drug Administration) requires 8 weeks of safety monitoring of the COVID-19 vaccines
- Monitoring for safety will continue as the vaccine is distributed to the public
- To assess safety FDA typically advises that a minimum of 3,000 participants are included in the trial. The current COVID-19 vaccine trials include 30,000 to 50,000 participants

HOW EFFECTIVE ARE THE COVID-19 VACCINES?

	Pfizer (BNT162b2)	Moderna (mRNA-1273)
Efficacy Overall	95% protection from having an infection	94.1% protection from having an infection

Similar efficacy with different race, ethnicity and age

WHO WAS INCLUDED IN THE COVID-19 VACCINE TRIALS?

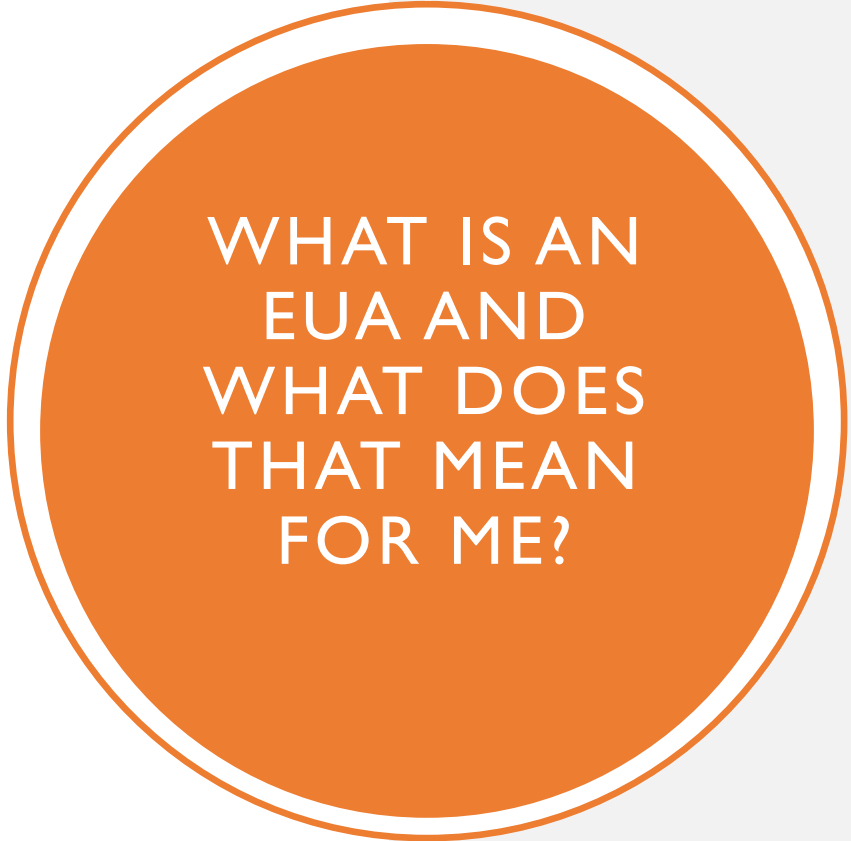
	Pfizer (BNT162b2)	Moderna (mRNA-1273)
Number of people enrolled	Over 40,000	Over 25,000
Race and ethnicity of participants	Total 30% racially diverse 10% black, 13% Hispanic	37% racially diverse 10% black, 20% Hispanic/Latino
Older adults	45% were 56-85 years	23% were >65 years

- **Notes:** Courtesy of Dr. Anuj Mehta, Data is accurate as of 11/18/2020. More information is constantly becoming available. Sub-group comparisons (e.g. comparisons about efficacy between races or age groups) may be less accurate due to smaller numbers. Sub-group numbers for the Pfizer vaccine are given for US participants with international percentages in parentheses.
- <https://www.pfizer.com/news/press-release/press-release-detail/pfizer-and-biontech-conclude-phase-3-study-covid-19-vaccine>
- <https://www.pfizer.com/science/coronavirus/vaccine>
- <https://investors.modernatx.com/news-releases/news-release-details/modernas-covid-19-vaccine-candidate-meets-its-primary-efficacy>
- https://www.modernatx.com/sites/default/files/content_documents/2020-COVE-Study-Enrollment-Completion-10.22.20.pdf

WHY SHOULD WE TRUST THE COVID-19 VACCINE?

- The FDA is using the same strict standards that it has for decades
- No steps are “skipped”
- Two **independent advisory committees** are reviewing the results. Members and experts of these committees have no conflict of interest and are not associated with any vaccine manufacturers
 1. The Vaccine and Related Biological Products Advisory Committee (VRBPAC) that advises the FDA
 2. The Advisory Committee on Immunization Practices (ACIP) that advises the CDC

- **An Emergency Use Authorization (EUA)** for a vaccine is based on the need to use a vaccine quickly to save lives during a public health emergency
- EUA is a shorter process **but no steps are skipped in the safety evaluation process**
- The FDA will assess if the vaccine known and potential benefits outweigh the known and potential risks
- Two separate advisory boards (VRBPAC and ACIP) will also review the data and make recommendations
- **An EUA does NOT imply that the authorization was done too quickly or that the vaccine is not safe**

A large orange circle with a white border, containing the text "WHAT IS AN EUA AND WHAT DOES THAT MEAN FOR ME?".

WHAT IS AN
EUA AND
WHAT DOES
THAT MEAN
FOR ME?

HOW WAS THE VACCINE DEVELOPED SO QUICKLY?

Major reasons we were able to get these vaccines developed more quickly than usual include :

- Global effort with the world's leading scientists focused on a single task
- Nearly unlimited resources (money, knowledge, manpower, technology)
- A large pool of diverse adult volunteer trial participants

THE FIRST TWO COVID-19 VACCINES

Both are mRNA vaccines

- Pfizer (BNT162b2)
- Moderna (mRNA-1273)

They Do NOT contain COVID-19 virus



COVID-19 VACCINE IS mRNA
VACCINE- WHAT IS THAT?

mRNA COVID-19 Vaccines

- mRNA technology is new in vaccine production but is already being used in cancer treatment. It has been studied for more than ten years.
- COVID-19 mRNA vaccines give instructions for our cells to make **a harmless piece** that looks like the “spike protein.” The spike protein is found on the surface of the COVID-19 virus.
- Our bodies recognize that this protein should not be there, so they build antibodies that will remember how to fight the virus that causes COVID-19 if we are infected in the future.

Can mRNA vaccine give me COVID-19? NO

Can mRNA vaccine change my DNA? NO

WHEN AND HOW LONG WILL I BE PROTECTED BY THE COVID-19 VACCINE?


- Most of the vaccines are **2 doses**, 3-4 weeks apart
- Protection occurs **1-2 weeks after the second dose**
- We will most likely not know how long the vaccine will be protective once we receive it. We will know more as more time passes in the current research
- May need to have vaccine shots for COVID-19 on a regular basis (like the flu shot)



**WILL I STILL NEED TO
WEAR A MASK?**

YES !

Similar to other vaccines, a large number of people in the community will need to get vaccinated before transmission drops enough to stop the use of masks



**WHAT
SHOULD I
EXPECT
WHEN I GET
THE
VACCINE?**

THE VACCINE CANNOT GIVE YOU COVID-19!

- You can expect to have short-term discomfort: fatigue, headache, muscle pain, chills, fever and pain at injection site after vaccination
- These reactions will last for 24-48 hours and are typically more pronounced after the second dose
- Side effects mean your body is doing its job and making antibodies (IT IS A GOOD THING)
- These side effects are normal, common and expected


MOST COMMON SIDE EFFECTS

BASED ON DATA FROM
CLINICAL TRIAL OF PFIZER
COVID-19 VACCINE

- Fever: 4-16%
- Fatigue 34-59%
- Headache: 25-52%
- Muscular pain: 14-37%

Side effects were more common after the second dose of the vaccine.

Reference: Data published in the New England Journal of Medicine:
<https://www.nejm.org/doi/full/10.1056/NEJMoa2034577>



WHAT
SHOULD I
EXPECT
WHEN I GET
THE
VACCINE?

- **YOU MUST GET THE SECOND DOSE**
because the vaccine will not protect you if
only get one dose
- It is important to get the **SAME VACCINE**
as the first dose

- It is safe to get the COVID-19 vaccine even if you have had COVID-19
- Even if you have had COVID-19, it is important to get vaccinated. It could give you longer or better protection against the disease
- Even if you have positive antibodies, you should get the COVID-19 vaccine

SPECIAL
CIRCUMSTANCE

WHAT IF I
ALREADY HAD
COVID-19?

WHERE SHOULD I LOOK TO GET ACCURATE INFORMATION?

It is important to get information from reliable sources (CDC, AMDA, medical directors, providers) **Social media is full of misinformation and opinions based on that misinformation**

Here are some links to information:

- CDC: <https://www.cdc.gov/vaccines/hcp/covid-conversations/answering-questions.html>
- CDC: About COVID-19 vaccines: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/about-vaccines.html>
- CDC: Provider Resources for COVID-19 Vaccine Conversations with Patients and Answering Patients' Questions: <https://www.cdc.gov/vaccines/hcp/covid-conversations/>

VACCINES ARE THE ONLY WAY TO CONTROL THE COVID-19 PANDEMIC

- Everyone has to do their part and get vaccinated to get back to a normal life



QUESTIONS?

