

February 16, 2021

Dear Beatitudes Strong Team,

As we prepare to submit the vaccine list to CVS in preparation for our third clinic next week, I wanted to share a new public health recommendation that was released last week by the Centers for Disease Control and Prevention (CDC) and adopted today by Maricopa County Department of Public Health (MCDPH). It pertains to **persons who are fully vaccinated** (two weeks after receiving the second vaccine dose) and have been exposed to someone with suspected or confirmed COVID-19.

At this time, fully vaccinated individuals who have been exposed to a person with COVID-19 are **not required to quarantine** if they meet the following criteria:

- **Are fully vaccinated** (two weeks after receiving the second vaccine dose)
- **Are within three months since the second vaccine dose \***. This date would be April 23 for staff who had their second dose at the January vaccination clinic and May 23 for staff who had their second dose at the February vaccination clinic *\*MCDPH experts referred to this as interim guidance and expect for this period to extend out further in time.*
- **Have remained asymptomatic** since the current COVID-19 exposure

If you do not meet all three of the above criteria and especially have not received the vaccine yet nor will be receiving at all, you will need to continue to follow current quarantine guidance after exposure to someone with suspected or confirmed COVID-19. (Current guidance is a quarantine period of 14 days.) Quarantining means taking PTO, missing time with residents and co-workers and added stress to you and those with whom you live.

If you meet all three guidelines, you still must monitor yourself for symptoms of COVID-19 for 14 days following exposure and continue to wear a mask, physically distance and wash your hands often. If you experience symptoms, you will be clinically evaluated for COVID-19, including testing. If your test is positive, you will need to follow current quarantine guidance.

Unfortunately, at this time, this updated interim guidance will not apply to our residents residing in skilled nursing and possibly assisted living. This is due to the higher risk of severe disease or death in this population and the challenges associated with social distance in such settings.

As we have experienced over the past year of this pandemic, new findings in the science may alter these guidelines in the future, and, if they do, we will be sure to inform you. Honestly, I am delighted to see this new guidance and I expect more to come out over the next few months for those vaccinated. And don't forget... you also get a "free" day off on your birthday or exchanged for another day.

My deep thanks to all of you who chose to get a vaccine. Fighting this pandemic is a team effort. We are protecting ourselves, our co-workers, residents we serve, our families, and our community.

Thank you.

My best,

*Michelle L. Quast*

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P.S. The upcoming clinic, February 23, will be the **last chance** you will have to start the vaccine process at the Campus. At this time, the March 23 clinic is only slated for those who will be receiving their second dose from the February clinic.

