

Infection Precaution Update

January 15, 2021



Update on Goodwin House COVID-19 Cases as of Friday, January 15:

GHA	GHBC
Residents: 3 cases	Residents: 6 cases
Staff: 8 cases, 1 pending test results to return to work	Staff: 12 cases, 1 pending test results to return to work

Update | Vaccine Options for Independent Living Residents

As we shared in separate communications this week, new vaccine clinic dates for Independent (Residential) Living Residents have been confirmed for GHA and GHBC.

Goodwin House Alexandria Independent Living (IL) Residents:

- Jan. 15: as many Independent Living residents as possible will receive the Moderna vaccine. The second dose for the Moderna vaccine is administered after four weeks. Clinic dates for the second dose will be confirmed soon.
- Feb. 1 & 2: IL residents who did not participate in the Jan. 15 clinic will receive their first dose of the Pfizer vaccine. (2nd dose after three weeks.)
- Feb. 22 & 23: those who received their first dose of the Pfizer vaccine on Feb. 1 & 2 will receive their second dose. Any residents who did not receive their first dose on Jan. 15, Feb 1 or Feb. 2 clinics will receive their first dose.
- Mar. 15 & 16: all those who received their first dose on Feb. 22 & 23 will receive their second dose.

Goodwin House Bailey's Crossroads Independent Living (IL) Residents:

- Jan. 21 & 22: Crossroads residents will receive their first dose of the Pfizer vaccine on Jan. 21; Pointe residents will receive their first dose on Jan. 22.
- Feb. 11 & 12: those who received their first dose on Jan. 21 & 22 will receive their second dose. Any resident who did not participate in the Jan. 21 & 22 clinics will receive their first dose.
- Mar. 3, 4 & 5: all residents who received their first dose on February 11 & 12 will receive their second dose.

GHBC IL Residents: Check your mail box on Tuesday, Jan. 19 for your vaccine appointment time. If you have a scheduling conflict, please contact Ann Lam at ext. 7213 or alam@goodwinhouse.org.

Why Do Our Quarantines Differ from the CDC's?

You might wonder why Goodwin House quarantines differ from CDC guidelines. In late 2020, the CDC revised their recommendations and shortened quarantine periods in an effort to get more people to comply, especially over the holidays. The risk factors remain the same, and longer quarantine periods are safer. This is why Goodwin House opted to keep our quarantines longer, and we ask all residents to follow our guidelines.

Please review the updated Resident Guidelines that were distributed with last week's Update. **Please also remember that residents should not be dining out in restaurants or going off campus to spend time with others.**

We must continue to follow the protocols—social distancing, wearing masks and frequently washing our hands—even after we receive the vaccine. Receiving the vaccine does not mean you cannot contract or spread COVID-19. The vaccine reduces the likelihood that you will contract COVID-19 and might reduce symptoms if you do contract it. The first dose offers a 50% efficacy rate at protecting you; the second dose provides a 95% efficacy rate. The CDC says that it may take a week or two after your second shot before the full benefits of the vaccine take effect.

Help Us Celebrate Black History Month

Throughout the month of February, we will be celebrating Black History Month by recognizing the achievements of African Americans and the pivotal roles they have played throughout the history of our country. If you have ideas for stories we might feature, or if you have a personal story of your own you would like to share with us, we would love to hear from you. Please get in touch with Kathie Miller at 703.578.7125 or kmiller@goodwinhouse.org.

First Independent Living Residents Vaccinated at GHA



GHA residents Ruth Hanzlik (left) and Jonathan and Judy Bryan (right) were among the first Independent Living residents to receive the vaccine today!

We look forward to sharing pictures from the GHBC clinics for Independent Living residents next week.

**Exciting events in store for Martin Luther King, Jr. Day next week!
Be sure to read West Winds and the Gazette for more information.**