

# Infection Precaution Update

## January 29, 2021



### Update on Goodwin House COVID-19 Cases as of Friday, January 29:

GHA	GHBC
<b>Residents:</b> 0 cases	<b>Residents:</b> 5 cases
<b>Staff:</b> 1 case, 0 pending test results to return to work	<b>Staff:</b> 1 case, 0 pending test results to return to work

### We're Making Progress on Vaccines!

Thanks to the wonderful support and cooperation from staff and residents, we are making solid progress toward our goal of everyone receiving the vaccine. We are well on our way to nearly 100% of residents getting vaccinated, and approximately 75% of GHA and GHBC staff have received at least the first dose of the vaccine. We continue to leverage all options available to us to get everyone vaccinated, and we are pleased with our progress. Our next vaccine clinics are at GHA on Feb. 9 & 12 and GHBC on Feb. 11 & 12, as well as Mar. 4 & 5. On Monday, Feb. 1, we are hosting a clinic at GHA for staff as well as two groups within the Goodwin House family: Goodwin House at Home members and Priority Club members who are expected to move into one of our communities within the next year.

A few residents have asked why family members of residents were not prioritized. As we have expressed since the first clinics were being scheduled, we are not in control of the distribution of vaccines. The Virginia Department of Health decides, and they have indicated that they will not support distribution of vaccines to family members. We inquired as recently as today if we could vaccinate resident's family members. We share your desire to help your loved ones get vaccinated and will continue to advocate that Goodwin House could be a resource for that outcome.

### GHA vs. GHBC Winter Fitness Challenge!

There's nothing like a little healthy competition to motivate you into making healthy choices. Affirm your dedication to your health by joining our Winter Fitness Challenge! Earn points through physical activity and commitment to a new nutrition habit. Residents from GHA will compete against residents from GHBC to see which house can get the most points! The challenge runs from Monday, Feb. 15 through Sunday, Mar. 14. To join the challenge, sign-up in the Fitness Center by Thursday, Feb. 11.

## Media Coverage of Goodwin House Vaccine Clinics

Vaccine clinics at both GHA and GHBC have received coverage in local news outlets. Most recently, GHBC was featured three times:

- ⇒ Patch.com: <http://bit.ly/patch-ghbc-vaccine>
- ⇒ WAMU: <https://wamu.org/story/21/01/28/dc-pandemic-vaccine-portrait/>
- ⇒ Falls Church News Press: <http://bit.ly/ghbc-il-clinic>

## There's Still Time to Help Us Celebrate Black History Month

It's not too late to share your stories. 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](mailto:kmiller@goodwinhouse.org).

## Continue to Practice Infection Precaution After the Vaccine

Receiving the vaccine does not mean you cannot contract or spread COVID-19. We have seen a few examples of this recently with a couple of staff and residents testing positive even after receiving their first dose of the vaccine. (The vaccine itself will NOT transmit COVID-19.)

The vaccine does reduce the likelihood that you will contract COVID-19 and might reduce symptoms if you do contract it. However, it's important to remember that you need both doses to get the best protection, and that it takes some time after receiving the vaccine before the effectiveness kicks in. The first dose provides a 50% efficacy rate approximately one week after receiving the dose, and the second dose provides a 95% efficacy rate after about two weeks. Researchers are exploring the effectiveness of the vaccine against new variants of the virus as well.

The important thing to remember is that we cannot relax our infection precaution practices—mask wearing, social distancing and hand washing—after receiving the vaccine, especially while the positivity rate remains high in our region. Please continue to follow our protocols and keep up your diligence in these practices. Remember, we are stronger together!

