

TO YOUR HEALTH

Carleton-Willard Village Out-Patient Clinic - 100 Old Billerica Rd., Bedford, MA 01730

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Post-Vaccination Guidelines

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The second Covid Vaccine Clinic for Residents in the Apartments & Cluster Homes was held on Monday, March 1. With this behind us, the majority of the Carleton Willard community is now vaccinated! This is a huge step in the right direction. It is encouraging to see the numbers of hospitalizations and deaths trending down but we're not yet out of the woods. The pandemic is still a dynamic and unpredictable situation. Vaccines are a huge step toward normalcy but they don't change the need for continued vigilance.

We must also remember that a large majority of the general population hasn't been vaccinated, children are not yet even eligible. We are still a long way from "herd immunity" in Massachusetts and the country as a whole. **Safer at home** continues to ring true. Even at home, the measures that keep us safe are as important as ever.

You might be wondering about changes to COVID-19 policies at CWV now that the majority of the community has been vaccinated. It is important to recognize that fully vaccinated individuals can still contract COVID-19 and spread the virus to others. The safety protocols we've all been following over the past year have helped to contain infections dramatically and we all want to keep infections at a minimum. There is concern over the new variants that have the potential to spread rapidly and there's just not enough data to

understand the level of protection the vaccines offer against these other strains of the virus.

There is room for optimism and things are moving in the right direction but with variants of the virus known to be circulating in Massachusetts the risk is still substantial. Next week Massachusetts begins the next step of reopening to include limited capacity at indoor performance venues and recreational activities. This is great news for these businesses and the economy, however it could also lead to another surge. Many scientists are expecting another rise in infections if restrictions are lifted too quickly. Vaccines, and widespread caution, will hopefully help return life to some normalcy in the coming months.

As we slowly begin to reopen at CWV and head towards a "new normal" lifestyle, here is a summary of what's open and the current policies in place.

- The General Store, Library, Bank, Village Stylist, Spa, Fitness Center, Winthrop Terrace Exercise Room and the Art Studio remain open with current safety protocols in place.
- Clinic: Telehealth is still available for medical appointments but most of the providers are back in person. **Dermatology services will be available in the Clinic starting March 12**, on a limited schedule due to required safety protocols. Please call the Clinic if you would like to schedule an appointment.

- Dining and indoor visits for Residents living in Llewysac and the Nursing Center resumed in February and will continue provided there are no new cases of COVID-19. All visitors are screened.

Visits with family and friends who live outside CWV will be allowed beginning March 22 in the Apartments & Cluster Homes with the following guidelines:

- We strongly encourage you to have no more than two visitors at a time in your home, wear masks and maintain distance.
- Visitors who have been vaccinated are safer but should still follow these guidelines.

On March 8, the plan for reopening The Abbott will be distributed in meal bags. On March 11, the Residents Association meeting will be live streamed and will provide an opportunity to review questions submitted in advance.

Quarantine

Residents are still required to quarantine for 14 days after:

- An overnight Emergency Room stay or a hospital admission
- Known exposure to someone with COVID-19
- Travel to higher risk states or attending gatherings with family or friends off campus

Quarantine is not required after:

- A doctor's office visit or outpatient procedure
- Travelling to a second home but not a large family gathering

If you have been exposed to someone with COVID-19 or develop symptoms yourself – please isolate yourself and contact the Clinic for medical advice. A test will be arranged in your home, if needed. Symptoms of COVID-19 include fever or chills, cough, shortness

of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting or diarrhea.

Make the most of your mask

Dr. Anthony Fauci recently touted the benefits of "double masking". The best mask is one that fits well to your face and doesn't fall off your nose. More layers provide a better barrier so double masking is one way to increase your level of protection.

Other tips to help your mask fit better are to fasten the ties behind your head using clips or buttons. Cloth masks are best if they have 3 layers of material or you can double up with two cloth masks (as long as you can still breathe well).

Surgical masks are better than cloth masks as long as they fit well. Individually wrapped masks of this type are available in the General Store for \$1.00 each. The Clinic can also provide you with a surgical mask if needed.

KN95 or N95 masks offer the best protection but are more expensive and available for purchase online.

