

“For Your Information”

(A periodic publication by Sherwood Oaks Executive Director, Annette McPeck)

May 17, 2022

Independent Living COVID-19 Booster Clinic

The 2nd dose booster clinic for independent living residents will be held in the Auditorium on Thursday, May 19. If you are unavailable on Thursday, please check with a local pharmacy to schedule your booster. We do not have a confirmed date for a second visit. If you already received the booster, please contact Tabby Alford at extension 8460 with the name of the booster (Moderna or Pfizer) and date it was administered.

Please see below for common side effects and recommendations regarding the booster.

Common side effects

As per the CDC, both the first and second booster shots have side effects similar to the original two-dose series you have received.

This means that for two to three days following your booster shot, you may experience some of these common side effects:

- ❖ Low grade fever
- ❖ Chills
- ❖ Soreness and redness of injection site
- ❖ Headache
- ❖ Muscle pain
- ❖ Fatigue

These side effects can be uncomfortable, but they are generally not serious.

Recommendations

If you experience any of the above side effects, you may take Tylenol (acetaminophen) or another pain and fever reducer as allowed by your doctor.

You may also apply an ice pack or bag of frozen vegetables wrapped in a towel for about 10 minutes to help reduce pain, redness and swelling of the injection site.

For any SERIOUS reaction or any other questions, please contact the Community Nurse at extension 8496.

Dr. Nace – Masking

Please refer to the back side of this FYI to read a letter from Dr. David Nace regarding masking. Dr. Nace is Chief of Medical Affairs for UPMC Senior Communities. He served on our PLCC Board of Directors for 15 years. He also served as a member of the White House Coronavirus Commission on Safety and Quality in Nursing Homes.



May 17, 2022

Dear UPMC Senior Communities Independent Living Residents,

I wanted to take a moment to personally thank you for your ongoing dedication to ensuring the well-being of the residents and staff of UPMC Senior Communities. The pandemic continues to pose a threat to the health and safety of our friends and families. Please know your use of masks and social distancing in campus common areas helps our communities stay safe. You do make a difference.

COVID-19 cases are rising once again across our region. We are also starting to see outbreaks in some of our facilities. Because of this, we ask you to continue to wear a mask and social distance while in shared spaces within our buildings.

I must admit, I am so very tired of this pandemic. I am sure you are as well. Pandemic fatigue is real. However, it is important to remember that we have come a long way from where we started. Our vaccine and monoclonal antibody programs have reduced cases, prevented serious illness, allowed reopening and are pushing us back to normal. Central to our success though have been masking and social distancing. There is no question that masking and distancing are effective.

While we cannot predict the future with certainty, it is likely we will see flares of cases from time to time. This is what happened in the years following the flu pandemic of 1918-1919. Know that we will continue to monitor case counts and trends and will stay ahead of this virus.

Thank you again for your support and patience on this journey.

Respectfully,

A handwritten signature in black ink that reads "David A. Nace, MD, MPH". The signature is written in a cursive, slightly slanted style.

David A. Nace, MD, MPH
Chief of Medical Affairs