



AUBURN HILL
SENIOR LIVING

February 5, 2021

Dear Auburn Hill Residents, Families, and Team,

I wanted to update you on our COVID-19 status following testing this week. As you know, we began surveillance testing a certain percentage of our population to include team members, and residents. We started with focusing on residents who reside on the same floor as our resident who has COVID positive results, and team members who primarily work on this floor.

We have 3 more team members to test today, however I am happy to tell you that all other team members and residents selected had negative results.

We will continue to test a percentage of team members and residents through the month of February and will proceed after that with the guidance of Virginia Department of Health (VDH).

We had a successful second vaccine clinic this week. As a reminder, we will have a 3rd clinic on February 24th for anyone who still needs their second dose.

This is an exciting move towards the right direction, and I know everyone is looking forward to a time when they can be here to spend time with their loved ones. We want that for everyone as well. Unfortunately, at this point, we will not be making any changes in terms of visitation restrictions. We will continue to offer video chats and we can offer window visits. Please contact the concierge to schedule a time.

Once there is more data to reflect what the effects of the vaccine are, we anticipate to see additional guidance regarding this from CDC and VDH. Attached is some additional information regarding immunity and questions about post vaccination. You have been incredibly patient, hang in there! We will get there, we just need to be safe about it.

With that said, next week we will be reviewing what restrictions can be lifted here at Auburn Hill, specifically around dining and activities. Once we have revisited our reopening phases, we will send out communication to let you know what the plan is.

We look forward to being able to move forward with all of you. Your patience and support throughout this journey is so appreciated. Please reach out with any questions that you have. I hope everyone has a great weekend!

Thank you,

Kelly Carter, Executive Director

Natural immunity

The protection someone gains from having an infection (called “natural immunity”) varies depending on the disease, and it varies from person to person. Because this virus is new, we don’t know how long natural immunity might last. Current evidence suggests that getting the virus again (reinfection) is uncommon in the 90 days after the first infection with the virus that causes COVID-19.

We won’t know how long immunity lasts after vaccination until we have more data on how well COVID-19 vaccines work in real-world conditions.

Experts are working to learn more about both natural immunity and vaccine-induced immunity. CDC will keep the public informed as new evidence becomes available.

Herd immunity

Experts do not yet know what percentage of people would need to get vaccinated to achieve herd immunity to COVID-19. Herd immunity means that enough people in a community are protected from getting a disease because they’ve already had the disease or they’ve been vaccinated. Herd immunity makes it hard for the disease to spread from person to person, and it even protects those who cannot be vaccinated, like newborns. The percentage of people who need to have protection in order to achieve herd immunity varies by disease. CDC and other experts are studying herd immunity and will provide more information as it is available.

Post vaccination

Do I need to wear a mask and avoid close contact with others if I have gotten two doses of the vaccine?

Continue to wear [masks](#) and [avoid close contact with others](#) to help prevent the spread of the virus that causes COVID-19.

Experts need to understand more about the protection that COVID-19 vaccines provide in real-world conditions before making that decision. Other factors, including how many people get vaccinated and how the virus is spreading in communities, will also affect this decision. We also don't yet know whether getting a COVID-19 vaccine will prevent you from spreading the virus that causes COVID-19 to other people, even if you don't get sick yourself. CDC will continue to update this page as we learn more.

While experts learn more about the protection that COVID-19 vaccines provide under real-life conditions, it will be important for everyone to continue using **all the tools** available to help stop this pandemic.

To protect yourself and others, follow these recommendations:

- Wear a mask over your nose and mouth
- Stay at least 6 feet away from others
- Avoid crowds
- Avoid poorly ventilated spaces
- Wash your hands often

Together, COVID-19 vaccination and following CDC's recommendations for [how to protect yourself and others](#) will offer the best protection from getting and spreading COVID-19.

There are many questions about how soon there will be changes to guidance on visitation, testing, masking, etc. now that vaccination is underway.

CMS and CDC are in daily conversation about this and understand how important these questions are. However, it is early. People need two doses of the vaccine, and then a 10-14 day period after the second dose before they are protected. Some people will not have received any doses for a while for a variety of reasons. And, we don't know if the vaccine prevents someone from transmitting the disease – they may still potentially be a carrier of the virus. We just don't know yet, so it is important to adhere to current CMS/CDC guidance regarding masking, infection control, testing, visitation, etc. We look forward to changing that guidance whenever it is possible, but not yet. However, as vaccinations

increase that should reduce outbreaks and cases which will, in and of itself, make for less testing and other liberalizations.

If vaccinated, is quarantining still required if exposed to positive case?

Yes. Currently, there is limited information on how well the COVID-19 vaccine can reduce the spread of COVID-19 and how long the vaccine's protection lasts. Even if you received one or both doses of the COVID-19 vaccine, you should still follow the standard post-exposure quarantine guidance available [here](#) after having close contact with someone with COVID-19. This means staying home and away from others, especially those who are at higher risk for getting very sick from COVID-19 infection

When can we expect life to return to "normal" now that the vaccine is available?

Stopping a pandemic requires using all the tools we have available. Eventually, people who have received both of their vaccine shots, and have waited until they take effect, will likely be able to do things more safely that unvaccinated people cannot--like having meals together or hugging their grandchildren. Until the pandemic is defeated, we need to continue to follow the social distancing recommendations to help unvaccinated people stay safe and contribute to the goal of saving as many lives as possible.

At this time, the combination of getting vaccinated and following [CDC's recommendations to protect yourself and others](#) will offer the best protection from COVID-19. This includes wearing a mask and avoiding crowds.

As more people in the Commonwealth are vaccinated, and experts learn more about how COVID-19 vaccination may help reduce the spread of the disease in communities, CDC and VDH will continue to update the recommendations to protect communities using the latest science.