



January 29, 2021

Dear St. John's Meadows and Brickstone by St. John's Residents,

It was another busy week here in our St. John's community as we prepare for your vaccination clinic next Tuesday. A few reminders for you to help make the process smooth are: 1. Please wear a short-sleeve shirt or a top that will provide easy access to your upper arm. This way you will not be struggling to get your top off and on again, slowing the process down, and making the experience uncomfortable for you and others; 2. Please do not show up early as this will create unnecessary crowding and confusion. 3. Also, remember to social distance!

I have received a number of messages thanking me for making this all happen; however, you must know all the coordination, organization, and hard work is being done by Tony, Cara, and the 7 St. John's Home RNs who have offered to support this clinic. My heartfelt thanks and appreciation goes out to them!

By now you have heard the news that we are no longer under a code orange or yellow. Therefore, we will be returning to in-person activities very soon. We ask for a little more patience from you as we shift gears so that we are able to properly resume our social recreation and fitness programming. Tony will be sending out a message to you with more specifics.

A questions that have been circulating lately are "now that I am vaccinated do I still have to wear a mask; can I enter the community without being screened; can I visit my relatives or friends in their apartments; can we hug and kiss each other; and do I still need to social distance?" I have copied an article from ***The Salt Lake Tribune*** dated January 14, 2021, which provides good information; however, it does not definitively answer the questions above.

We know the top vaccines from Pfizer and Moderna are pretty effective at preventing people from feeling sick. That's great, and certainly reason enough for everyone to get one.

But while those vaccines are exceptionally good at preventing COVID-19 illness (90%-95%), that's not the same thing as preventing SARS-CoV-2 transmission. **This is the key question: Can a vaccinated person exposed to the virus pass it on to someone else?**

This question is extremely important for how the next few months play out. The coronavirus vaccine prevents transmission to a large degree — what scientists call "sterilizing immunity" — then those who have received both

doses can live largely normal lives. A vaccinated person could visit family, friends, travel the world, all without guilt.

However, if the vaccine doesn't prevent transmission — called "effective immunity" — then those who have received it can still get the virus and pass it on to others. That would mean a responsible vaccinated person would still take major precautions, wary of spreading the disease before everyone (or at least most) could be vaccinated. So here's the short answer: **We don't know yet.**

In the end, the vaccines likely limit transmission in two ways:

1. Preventing some percentage of infections totally, even asymptomatic ones. This prevents the body from replicating the virus and having enough to share with others.
2. Turning a further percentage of what would have been symptomatic infections to asymptomatic ones, thus preventing the body from coughing, sneezing and generally shooting the virus long distances.

Overall, I think it would be reasonable to estimate that vaccines reduce transmission from anywhere from 30% to 90% — a huge range, to be sure; but it depends on the vaccine used and the accuracy of these studies with limited sample sizes.

That result would be both good and bad. On one hand, it's not total sterilizing immunity — someone who has been vaccinated still has a reasonably high likelihood of picking up the disease at a party and giving it to their immunocompromised friend later in the week. That means the vaccinated probably shouldn't go to parties where there are unvaccinated people while the pandemic rages. On the other hand, if those vaccinated are not only immune but also less able to pass the virus on, that means the overall community's transmission is going to be significantly cut. In other words, the overall number of infections will plummet.

As for whether or not *you* should go to restaurants, start traveling, or visiting friends once you've received the second dose, I think it really depends on individual factors — the vaccination rate of your community, the risk profile of the friends you're seeing, or the place you're traveling to being chief among them. Caution will still be warranted, but it might be more of a yellow light than a red one.

Here's how [Dr. Angela Dunn, the state epidemiologist](#), put it this week: "It's just so important we still recommend individuals continue to wear face masks and physical distance as much as they can, not only because we need it to be the social norm until we reach 70 to 80% of our population being vaccinated, but also that there is a small chance that the vaccine might not be as good at preventing transmission. So whatever you do, don't let this news stop you from getting the vaccine. Just know that while being vaccinated moves you toward

the light at the end of the tunnel, it doesn't mean you leave the tunnel completely.

I realize this is a bit lengthy and potentially confusing, but I believe this communicates a clear message that we will need to continue to use all precautions for the near future until we receive evidence to the contrary.

In the meantime, take care and stay safe. I will see you next week for round one of the vaccination clinic!

Sincerely,

A handwritten signature in black ink, appearing to read "Paul Bartlett". The signature is fluid and cursive, with a long horizontal stroke at the end.

Paul Bartlett, Vice President of Senior Housing