



MEDIA RELEASE

Step 1 of the Terrace Bay/Schreiber Catchment Area Began Tuesday



Dr. Lindsay McLeod was the first of our local physicians to receive the vaccine, she shares her thoughts below :

"I am feeling very fortunate today to receive the Moderna vaccine for our long-term care clients and other associated LTC health care providers. This is the first step of stage one in our country's vaccination plan, which makes us one step closer to ending our pandemic.

We need to remember the importance of wearing masks, sanitization, and social distancing. All of these public health measures are still very important tools in helping reduce your chances of being exposed to the virus or spreading it to others. These public health measures are not enough. The COVID-19 vaccination is an essential tool to stopping the pandemic.

The vaccine will work with your body's immune system to aid in its battle against the virus. It will help prevent you from becoming

seriously ill (even if you get the virus) and could protect the people around you, especially those at the greatest risk for becoming severely ill. COVID-19 vaccination is a safer way to help build protection.

We need a majority of our population to be vaccinated to prevent serious disease and significantly reduce mortality (lower our death rate), and eventually end this pandemic.

Ending the COVID-19 pandemic will halt the growing negative impact the virus is having on health care and education systems, and the economy, as well as many other aspects of our society.

Vaccination is our best option for:

- 1--reducing the possibility of serious complications for anyone who gets the virus
- 2--providing any protection against these new more aggressive COVID variants

3--preventing the public health consequences of the pandemic continuing its course (without any end point)

It's been a challenging year, and we've shown resilience throughout. Now, we all are eager to get back to a normal life. We want to be able to enjoy daily life, work, school, holidays, and special occasions without social distancing, masks and fear.

I know there is fear around the vaccines, but there is also fear around the pandemic and its progression. Please reach out to your health care provider to help answer any questions or discuss any concerns you have related to vaccination.

Please remember to continue to support each other throughout the remainder of this pandemic. We are all in this together, and need to continue to be diligent and work together for our common goal..." return to normal".

Lindsay McLeod MD CCFP, ACOS NOSH.

Update from the Vaccine Roll Out Committee:

Step 1, long term care residents, staff and essential care partners is now almost complete. With the next doses of vaccinations, we receive, we will complete step 1 and start on step 2 and possible step 3 depending on the amount of doses in a delivery.

The 2nd step will be for other chronic care patients, chronic home care recipients and front-line health care providers to get vaccinated. We have identified these populations and are in the process of asking them to complete consents. If you believe you fall under one of these groups and have not been contacted, please contact the NSFHT.

The 3rd step will be a combination of other health-care workers, frontline essential service providers and the general population, starting with those over 80, or in other identified high-risk groups. Again, we have identified people in these groups and have begun to contact them and will have those that want the vaccine to complete consents. We hope to have contacted everyone in this group by the end of Feb. Once we have contacted everyone we believe is on this list we will let you know on our websites and social media and **at that time** ask that if you believe you fall into one of those groups and have not been contacted please contact us.

We will aim to update weekly what groups or ages of people we have contacted or are in the process of contacting, so people can contact us if they feel they have been missed.

We know there are many myths out there regarding the vaccine and COVID-19 in general. We hope to address some of these concerns in the March update.