

December 21, 2020

Dear residents, family members and staff,

The FDA recently approved the COVID-19 vaccines by Pfizer and Moderna for emergency use. With the help and guidance of the CDC, both vaccines will soon be available for our residents and staff. Many of you have questions and concerns about the safety and efficacy of these vaccines. Throughout this complicated year our main goal has been and will continue to be to inform you and to insure your health and safety.

Even though the vaccines were developed in record time, both vaccines have undergone the same rigorous steps taken for all previous vaccines. They have been tested in different phases and in tens of thousands of volunteers in order to study their safety and efficacy. The results of the studies were reviewed by separate expert panels, and after their safety and efficacy were established, they were approved for public use.

The COVID-19 vaccine does not contain a live virus and cannot give individuals the coronavirus. Both vaccines contain tiny fragments of virus that help your immune system develop antibodies which protect you from COVID-19. The vaccines also contain other ingredients to keep the vaccine safe and effective. These ingredients are used in most vaccines and have been safely used for decades.

The vaccines require two separate doses given 21 days apart. Each dose, but mostly the second, may cause short periods of fevers, chills, fatigue, headaches, muscle aches and pain. These symptoms mean the vaccine is working and your body is making antibodies. These symptoms are not a separate illness.

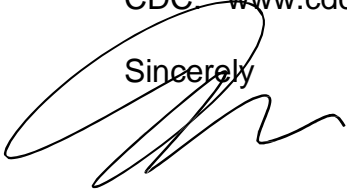
The FDA, CDC and the expert panels have recommended the vaccine for everyone except the following: Pregnant women, lactating women, people with immune deficiencies, people under the age of 18 and anyone with severe allergies. You should not receive this vaccine if you fall into any of those groups. If you have mild allergies you may still be able to receive the vaccine.

These are hard times and the decision to get the vaccine may also be challenging. So whether you are decided or undecided about the vaccines, I recommend you ask questions from credible sources. Wrong information could lead to unwanted consequences for you or the ones around you. It is important to get information from reliable sources such as CDC, medical directors, primary care providers.

I will always be available for your questions and I have provided a link from the CDC that I hope will be helpful to you.

CDC: [www.cdc.gov/coronavirus/2019-ncov/vaccines/about-vaccines.html](http://www.cdc.gov/coronavirus/2019-ncov/vaccines/about-vaccines.html)

Sincerely

A handwritten signature in black ink, appearing to read 'Dr. Alireza Toossi', written over the word 'Sincerely'.

Dr. Alireza Toossi  
Medical Director