

# *New Perspective.*

September 14, 2020

Dear Residents, Designated Representatives, and Tenants:

The 2020 influenza (flu) season is upon us. I trust that my letter will not be the only communication you receive about the importance of receiving an influenza vaccine this season. Never is it a good thing to get the flu (you know this if you have ever experienced it), but this year—with the COVID-19 pandemic ever present and cases continuing to climb in many areas across the U.S.—it is especially important to get vaccinated to protect yourself.

According to the Centers for Disease Control and Prevention (CDC), “getting a flu vaccine will not protect against COVID-19, however flu vaccination has many other important benefits. Flu vaccines have been shown to reduce the risk of flu illness, hospitalization, and death. Getting a flu vaccine this fall will be more important than ever, not only to reduce your risk from flu but also to help conserve potentially scarce health care resources.”

I would like to share some additional thoughts about the flu vaccine from the American Medical Association (AMA):

- September and October are typically the best months to be vaccinated to support immunity for the duration of the flu season, though getting the vaccine later is better than not at all.
- Nearly everyone over 6 months of age should be immunized against the flu.
- It takes approximately two weeks after receiving the flu vaccine for the body to develop the antibodies necessary to support immunity to the virus. So, timing your vaccination to position you for immunity in advance of being exposed to the virus is key.
- Routes available for administration of the flu vaccine include by injection and nasal spray. In addition, there is a version designed for individuals over 65 years old that supports maximum immunity in our seniors. The AMA recommends receiving whatever vaccine is in stock and available, unless you have a history of a severe allergic reaction to a previous version of the vaccine or your doctor has prescribed for you to receive a specific version of the vaccine.
- If you are hesitant about getting a flu shot because you have had a reaction in the past, check with your doctor about the best vaccination strategy for you this year.

Flu vaccines are widely available and can be obtained at your doctor’s office, walk-in clinics, local pharmacy, and the county health department. Some locations even offer free vaccines for children and the elderly. For many others, the cost will be covered by health insurance. For information about the 2020 flu season and CDC vaccination guidance, I encourage you to visit <https://www.cdc.gov/flu/> or discuss plans to obtain the vaccine with your physician.

At New Perspective, we are doing our part by holding our annual flu clinics (already set up), offering influenza vaccines to all our team members, and our team members continue to follow our infection control protocols and wear personal protective equipment (PPE) while at work.

Thank you for doing your part to support the health and welfare of our seniors. And each other.

Sincerely,



Chris Hyatt  
President