

COVID-19 and Your Family

3/10/2021

Sign up your Older Relatives, etc. (especially if over 65, where the death rate is very high):

Also Sign up: Healthcare workers, School or Daycare Workers, Front-line workers, and **MORE:**

****Check here to see if you meet the most UPDATED vaccine roll-out criteria**:** [FindMyGroup.nc.gov](https://www.findmygroup.nc.gov).

Although infants and children generally do better than adults, the biggest problems with this tragic deadly COVID-19 pandemic are with the older grandparents, great grandparents, etc., ... many of which have now: (1) died, (2) been very sick and hospitalized, or (3) suffered irreparable damage to their health (pulmonary, cardiac, neurologic, etc.). **You do NOT want these COVID situations to occur in your family.** We know that you want to do all that you can to **prevent this from happening to any of your older relatives, friends, neighbors, colleagues, fellow workers, etc.** These are steps that you can take **NOW:**

Get Vaccinated (For older relatives now, **AND** for [others who meet the current criteria](#)):

If family members meet the current criteria in the staged age/risk-based staged vaccine rollout, then contact your county's COVID-19 resource immediately. **Do NOT be last in line, and have to wait for months.** No need to specify a specific vaccine (Pfizer, Moderna, J&J, etc.). **Just get the first available vaccine.**

In Catawba County: Go to this website: [CatawbaVaccine.org](https://www.catawbavaccine.org) (or call 828-282-2002).

In Caldwell County: Go to this website: [Vaccine.CaldwellCountyNC.org](https://www.vaccine.caldwellcountync.org) (or call 828-426-8486).

In Burke County: [BurkeNC.org/2494/COVID-19-Vaccine](https://www.burkecounty.org/2494/COVID-19-Vaccine) (or call 828-358-4454).

In Alexander County: See: [AlexanderCountyNC.gov/covid/](https://www.alexandercountync.gov/covid/) (or call 828-632-9332).

In Lincoln County: See: [AtriumHealth.org/about-us/coronavirus/covid-19-vaccine](https://www.atriumhealth.org/about-us/coronavirus/covid-19-vaccine), (or call 704-479-2202).

In Iredell County: See: [nc-iredellcounty.civicplus.com/1455/Vaccine-Information](https://www.nc-iredellcounty.civicplus.com/1455/Vaccine-Information), (or call 704-878-5300).

****Statewide UPDATED site list**:** Find ALL current vaccinations sites, pharmacies, etc.: [MySpot.nc.gov](https://www.myspot.nc.gov).

****MORE Information on COVID-10 Vaccinations**:** [covid19.ncdhhs.gov/dashboard/vaccinations](https://www.covid19.ncdhhs.gov/dashboard/vaccinations).

Why We Personally Vaccinated for COVID-19? (For ourselves, family, friends, and associates):

Almost all of our staff (clinicians, clinical staff, and office staff) have already been vaccinated with Pfizer vaccine. Why did we, as individuals at Unifour Pediatrics, decide personally to be vaccinated? Different persons had different reasons, but **most of us decided for all of these reasons:**

- So that I will not die, or have permanent damage from COVID-19.
- So that I will not be inadvertently responsible for the death or permanent damage of my relatives, friends, neighbors, and colleagues.
- So that we can end the shut-down and get back to life without economic calamity.
- So that our schools and universities can be fully reopened. So that we will not have a lost generation.
- So that our churches and other places of faith can safely and fully reopen.
- So that I can travel safely on vacations, airlines, cruises, and attend sports and other public events.
- So that I can have fun with family and friends at gatherings and parties, and fully return to life as usual.
- Because I/we realize that the **ONLY way** to eliminate this country-wide pandemic is to vaccinate 85-90% of the US population, starting with the most vulnerable, the elderly and those with chronic healthcare conditions, and then moving down with the staged risk/age-based staged vaccine rollout.
- So that we, at Unifour Pediatrics, can protect the patients, their families, and our staff. To be safe!
- **Fully immunized CDC rules:** [cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html)

See Reverse Side for Other IMPORTANT Measures to Avoid COVID-19?

There you will find other ways to protect your family, friends, neighbors, etc. during this pandemic.

IMPORTANT Protective Measures to Take while Awaiting US-wide Vaccination:

Until we have vaccinated 85-90% of the US population (thereby achieving “full herd immunity”), we don’t want to have a family tragedy (or tragedy of a friend, neighbor, co-worker, church member, etc.) before that goal is achieved. With vaccines now being rolled out in mass, and the end-game in sight, let’s be careful not to make a huge and tragic mistake at this point. Here are the most important actions to continue to take (crucially important when around the elderly or around those with chronic health problems):

- **Avoid enclosed indoor confined spaces for significant periods of time with adult non-household members**, especially when involving cheering, singing, laughing, sick persons, those with COVID-19 symptoms, eating while talking, close talking in the face of others, and/or close contact with others (less than 6 feet distance). This is even more important if not wearing masks or face coverings - until the population is fully vaccinated and “full herd immunity” is achieved.
- **Avoid large parties/gatherings/dinners**, even family gatherings, reunions, etc., as this is one of common situations causing “Super-spreader events”. Delay these until most are immunized, but avoid these events now. We all look forward to full social interaction, but let’s end this pandemic first through vaccinations!
- **Maintain 6 foot minimal distance from others** (especially if indoors or around the sick/elderly, or if around other non-well household members). Social distancing is a real deterrent to pandemic COVID spread. None of us like this, but it works; for the benefit of all. Let’s do this now, and cross the finish line by fully vaccinating the population.
- **Wear a face mask/covering**, especially if indoor in situations with non-household adult individuals (and even more important if inside in unscreened unprotected non-school public settings with unvaccinated adults, and especially in any of the above situations described in the first three bullet points).
- **Spend more time outside**, in the fresh air, and distanced from others. Let the breeze float the virus away, and let the infinite volume of air outside dilute the virus. Sunlight also increased Vitamin D.
- **Consider Vitamin D3** (~4000 IU international units) each day in adults, since most (~80-90%) of COVID-19 patients admitted to Intensive Care Units (ICUs) have low Vitamin D levels. Those considering this should first ask their personal physician for their guidance.
- **If sick with infectious symptoms, or if has COVID-19 symptoms, or if tested for COVID-19, then go home, isolate, and follow your primary care physician’s recommendations.** Don’t be inadvertently responsible for someone else’s COVID illness, tragedy or death.
- **Handwash with soap and water frequently, avoid touching your eyes, nose, face, mouth**, and watch what you touch in public spaces. If soap and water are not available, then use approved hand sanitizers. Keep hand sanitized pump bottles in you home, purse, and car, and use them.
- **Be logical:** A large dinner party at home with neighbors and relatives (where social distancing, masks, barriers, and other protective measures are NOT used, and the above recommendations are frequently broken) are much more risky than a socially-distanced protected restaurant visit, or a socially-distanced protected church service, or a socially-distanced protected retail store visit or a socially-distanced fully-protected outdoor sports practice. These unprotected neighborhood or extended family parties can be “super-spreader” events. Think about delaying such parties until vaccinations end this pandemic.
- **School attendance**, especially in pre-adolescent children, **have been found to be a very LOW-RISK setting for the spread of COVID-19** (as carefully studied by the CDC, NIH, and Duke/UNC medical schools), **and virtually ALL of these experts recommend full in-person attendance in elementary schools.** Not physically attending school has been found to result in increased: school failure, school dropouts, depression, suicide, other significant behavioral and mental health problems, child abuse and neglect, malnutrition, family breakups, teenage pregnancy, drug and alcohol abuse, and it goes on and on. These are particularly problems for disadvantaged students, who may have limited Internet for virtual school classes, limited economic resources, and limited ability of family members to function as teachers.

We wish the best of health for you and your family. And we wish a rapid end of this COVID-19 pandemic.

Unifour Pediatrics Pediatricians, Pediatric Nurse Practitioners, and Staff