



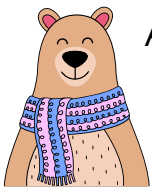
DECEMBER 2022



# COVID IMMUNITY STUDY NEWSLETTER

Official Study Newsletter for Participating Long-Term Care, Assisted Living & Retirement Homes

## Study Updates



Activity Books are available at the Study Station!

Thank you to our new participants - we have almost 100 new residents!!!



## Resident Spotlight



Marguerite. M  
**Resident at The  
Village of University  
Gates**

**What do you want to get out of the study?**  
"Just to know how long these antibodies are likely to last."

## HAPPY HOLIDAYS FROM THE COVID-19 IMMUNITY STUDY

As we approach the Holiday season, it brings with it the spirit of gratitude & generosity that we often share in the company of our loved ones. **Tips to stay safe during the Holidays:**



**1. Get vaccinated.** Get your vaccine boosters as soon as you are eligible to reduce likelihood of infection or spreading it to others

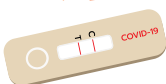
2M



**2. Wear mask or social distance.** Remember to wear a mask in gatherings or stay 2 meters apart when possible



**3. Wash hands frequently.** Lather for at least 20 seconds & rinse well



**4. Rapid testing.** Get a rapid test done prior to gatherings to prevent the spread of COVID-19

**Happy Holidays & all the best in the New Year!**



FROM:

DR. ANDREW COSTA  
SCHLEGEL RESEARCH CHAIR IN CLINICAL  
EPIDEMIOLOGY & AGING

DR. DAWN BOWDISH  
CANADIAN RESEARCH CHAIR IN AGING &  
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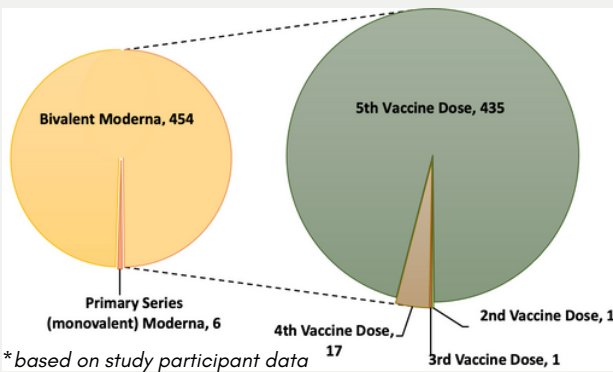


# STAYING SAFE DURING THE HOLIDAYS

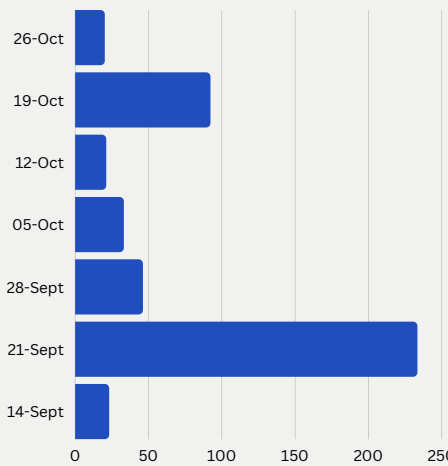
## Here's what the 5th dose data are showing

### Booster Dose Uptake (Sept-Nov)

Booster Vaccine Type      Booster Vaccine Number



### Count of Vaccine 5th Dose Uptake



### Considerations:

Not everyone was eligible for a 5th dose in September - some people are delayed due to infection or previous vaccine timing. If you got a booster in early September, we recommend protection measures as antibodies begin to wane after 3 months!

**Holiday Gathering Reminder:** we are best protected against COVID-19 in the weeks following a booster dose...we recommend getting boosted if you haven't already!

## Flu Shot Booster - safety & proximity to COVID Booster

There is **no recommended waiting time** between getting a flu vaccine & the COVID-19 vaccine



**PSA:** The flu is expected to be bad this year. We encourage everyone to get their COVID-19 and flu shots this season!

Influenza vaccine + COVID-19 vaccine = less contagious & milder symptoms, if infected

**No safety concerns** have been observed in clinical trials or post-vaccine monitoring

## Want More Study Information and Updates?

Visit the study station at participating homes or visit our website at [www.covidinltc.ca](http://www.covidinltc.ca) to learn more about our study.

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**LET'S FIGHT TO STOP  
 COVID TOGETHER**

