



MAY 2022

COVID IMMUNITY STUDY NEWSLETTER

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

Study Updates:

Town Hall

- Thank to those who attended our March Town Hall
- Watch the recording here: www.covidinltc.ca/videos
- Stay tuned for information about our next town hall

Saliva Collection

- We will be asking participants who got a 4th dose to provide a saliva sample
- We will use this to learn more about antibodies in saliva.

Blood Collection Cards

- Blood collection cards have been distributed
- These will be used to track upcoming blood draws

Different Collection Methods

Blood Samples:



Tell us about: 1) many markers such as COVID-19 antibody and cellular immunity and 2) past COVID-19 infections

Dried Blood Spot (DBS) Samples:



Tell us about: 1) some COVID-19 blood antibodies and 2) past COVID-19 infections

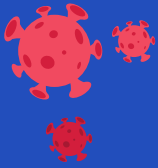
Saliva Samples:



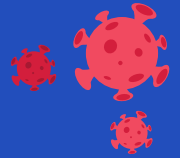
Tell us about COVID-19 saliva antibodies, which are often your first line of defense to the virus

The thumbnail shows a 'Blood Draw Timeline Card' with the following content:

- Logos for COVID IN LONG-TERM CARE STUDY and McMaster University.
- Icon of a group of people.
- Title: COVID Immunity Study Blood Draw Timeline Card
- Text: Your research coordinator will add stickers representing the blood draws you have had so that you can track when your next blood draw will be.
- Text: LET'S FIGHT TO STOP COVID TOGETHER
- Title: Blood Draw Timeline Card
- Text: Keep track of your blood draws with this card
- A large empty rectangular box for tracking.
- Text: Thank you for helping us fight to stop COVID together!
- Contact info: Check us out at: www.covidinltc.ca, Socials: @covidinltc
- Small group icon and another empty box.



What is Long COVID?



Long COVID happens when an individual experiences lingering or debilitating health problems as a result of a past COVID-19 infection

Approximately 500k Canadians suffer from long COVID symptoms, impacting quality of life.

Individuals with 3 doses of the vaccine are 54%-83% less likely to develop long term COVID symptoms.

40% of all people with long COVID will suffer from prolonged symptoms for over 12 months.

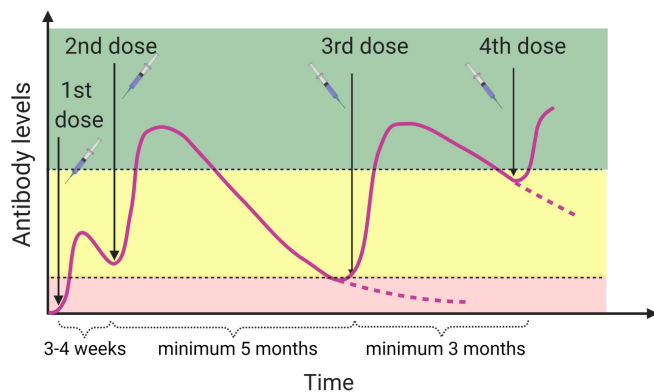
***Disclaimer: If you think you may have symptoms of Long COVID, please speak to your doctor.**



Why get a booster dose?



Antibody Waning with Time



A booster dose makes you less likely to get infected by COVID-19.

If you do get infected, a booster dose significantly reduces your chances of serious illness, including long COVID.

The more immunity you have, the less likely you are to spread the virus, which is why booster doses are so helpful for everyone.

You are less likely to have severe side-effects with each dose of the vaccine.

Want More Study Information and Updates?

Visit the study station at participating homes to learn more about what's new and upcoming with the study.

Phone: 289-639-9588

Email: covidltc@mcmaster.ca

Website: covidinltc.ca

Socials: @covidinltc

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

