

Round TWO of COVID-19

It has been a number of months since we were all confined, masked up, social distancing and limited to places to eat at. Well, that is changing very quickly. The positive COVID 19 numbers in Bucks County and the surrounding areas are greatly increasing seven times higher than it was two months ago. In the past two weeks, the number of COVID-19 attributable deaths has quadrupled. With the holiday season upon us, family gatherings and parties has accentuated our COVID-19 numbers greatly.

It is time to again plan to be very safe and cautious as to who you are around, where you go and the protective equipment that you will need. Family gatherings are the #1 etiology, followed by social events. The practice/expectation of wearing a mask at all times during work, distancing, etc. reduces the risk to effectively “no risk” according to CDC guidance. The new positive cases that are appearing are from close contact to friends and family members who are unknown carriers of the COVID 19 virus. You must wear a mask around everyone other than your immediate household family members unless they are positive for the virus. Social distancing and mask wearing is greatly required as it has gotten lax since the virus numbers have dropped during the summer months.

More people are enjoying going out to bars, restaurants, shopping and other institutions since their reopening. That is great to support these establishments but do not forget about wearing masks, sanitizing and washing your hands, do not touch your face and try to social distance. Allergies, pneumonia and the flu season is also beginning to sprout up and are being confused for positive COVID 19 and vice versa.

Individuals who have been in proximity to someone with covid are not considered to be at risk if appropriate precautions were taken. Given that the virus is not often active for 3-6 days, modified quarantine is a much more important mitigation step than is getting tested. Modified quarantine is defined as a close monitoring of symptoms three (3) times a day or more, masking, staying away from all others, not eating in the presence of any other individual. It has been proven time and time again these actions will protect others from infection.

Mitigation Efforts

Wear masks indoors and outdoors

Keep your physical distance of six feet or more

Keep your distance from those you don't live with

Avoid crowds

Wash your hands frequently for at least 20 seconds

Clean and disinfect surfaces often

Keep out of areas used or visited by positive COVID-19 patients

Open windows and doors to let air in

Keep high-touch surfaces and equipment clean

The new quarantine guidelines from the Bucks County Department of Health:

** For non-household contacts, quarantine can end after day 10 without testing and if no symptoms have been reported

** For non-household contacts, quarantine can end after day 7 if a test is negative and if no symptoms

were reported during daily monitoring. Testing can be done on day 5 or later.

** For household contacts, if the case is able to truly isolate from the rest of the household from the

very beginning, the above will apply

** For household contacts when the case is not able to isolate, the above will apply ONLY after the end

of the infectious period of the case. (IE. instead of adding 14 days to the end of the 10 day infectious

period, now we will add either 7 or 10 days.)

Symptoms may appear 2-14 days after exposure to the virus. Not everyone who has COVID-19

will have bad symptoms. Some may only have mild symptoms or show no signs of being sick. The virus spreads through the natural moisture we exhale while we talk, cough or sneeze. Covid-19 symptoms have drastically changed since the start of this pandemic. The following are the current symptoms which include, but are not limited to:

Fever	Shortness of breath	Cough
New loss of taste or smell	Body aches and pain	Fatigue
Headache or confusion nose	Sore throat	Congestion & runny
Nausea or vomiting	Diarrhea	Chills
Difficulty staying awake or waking up smell		New loss of taste or

ABSENCE OF A FEVER DOES NOT RULE OUT COVID-19

A COVID-19 vaccine has been discovered and will be administered to nursing home patients, nursing home staff, hospital staff involved with covid patient contact, doctor's office and other individuals deemed necessary due to health issues. The vaccine will be distributed to the general population in early spring. The vaccine consists of two shots, three weeks apart. You must receive both shots for the full effect of the vaccine. There is no guarantee that everyone will have full protection from the COVID-19 virus after all shots have been administered. Pfizer-BioNTech COVID-19 vaccine is still being studied in clinical trials.

The side effects that have been reported with the Pfizer-BioNTech COVID-19 vaccine include:

Injection site pain	Tiredness	Headache
Muscle pain	Chills	Joint Pain
Fever	Injection site swelling	Injection site redness
Nausea (lymphadenopathy)	Feeling unwell	swollen lymph nodes

There is also a remote chance that the Pfizer-BioNTech COVID-19 vaccine could cause a severe allergic reaction within a few minutes to one hour after getting a dose. Signs of a severe allergic

reaction can include:

Difficulty breathing
body

A fast heartbeat

A bad rash all over the

Dizziness and weakness

Swelling of your face and throat

Even if you get the vaccine, you will still have to wear a mask, social distance, wash and sanitize your hands, do not touch your face and stay out of crowds. It has been proven in numerous studies since the pandemic started that if everyone does the above, we can slow the progression of COVID-19.