



December 30, 2020

Dear Valley View Friend and Family Member,

By now, you have learned that COVID-19 vaccines are approved and ready for distribution to healthcare workers and residents in long-term care. We have long awaited this exciting news.

We understand that some of you may be concerned about the safety of these new vaccines, as they have been developed and tested far more quickly than those in the past. We want to assure you that the speed with which these vaccines were developed is not due to skipping important safety steps, but rather the result of focused, collaborative work performed by experts across the globe. Vaccines approved for use by the U.S. Food and Drug Administration have undergone the same level of rigorous testing for safety and efficacy as other vaccines, and have been tested in tens of thousands of people, including older adults. Two independent advisory committees of experts from academic institutions also monitor vaccines to ensure their safety.

Most of the COVID-19 vaccines require two separate doses given about three or four weeks apart, depending on the vaccine. At this time, we have been informed that we will be receiving the Pfizer vaccine. Participants of clinical trials have reported experiencing short-term side effects after being vaccinated. Sometimes there is misunderstanding about the cause of these reactions, as you may have heard someone say a vaccine has “made them sick” or given them the disease that the vaccine was intended to prevent. We want to be clear that this is not the case. The COVID-19 vaccine cannot give you a COVID-19 infection. The vaccine works by helping the body create antibodies to fight off the virus. Feeling discomfort after getting the vaccine means that the vaccine is doing its job and your body is making antibodies. Valley View’s Medical Director, Dr. Paul Koberna received his first vaccination last week and reported discomfort in his arm but quickly shared his extreme satisfaction in knowing he is doing his part to protect himself and more importantly others!

We, along with thousands of other long term care providers, are participating in a program with the Centers for Disease Control to help us most efficiently distribute these vaccines to our residents free of charge. Our team members also have the opportunity to get vaccinated through this program. In the beginning of 2021, we will have CVS Health on our campus to assist in the vaccination of both residents and team members. We anticipate our scheduled clinic date to be the earlier part of January. Until this date is secured, we will be speaking with residents who are able to make their preference for a vaccine known and following up with those who have responsible parties make such decisions. Included in this mailing is an educational packet as well as a consent form for vaccination for your review. Given the varying speeds of mail delivery, we will plan to phone you, if applicable, for verbal approval of the vaccine and will note this permission in your loved one’s medical record. The items included within this mailing are for information and educational purposes and need not be returned.

I encourage you to reach out to us if you have any questions about the COVID-19 vaccine, its possible side effects, and what to expect after your loved one receives it. As we have been saying

over the course of this difficult year, we are all in this together. Please know that the safety and wellbeing of residents and team members has been and remains our top priority. We are confident that the worldwide, unprecedented scientific achievement of these COVID-19 vaccines will eventually enable to us enjoy life with our loved ones again. We look forward to doing our part in this effort by getting the COVID-19 vaccine, and hope you will join us.

Sincerely,

A handwritten signature in black ink that reads "Nicole M. Sarver". The signature is written in a cursive, flowing style.

Nicole Sarver, CEO