



## Killing the Virus with Kindness

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With the Covid 19 vaccine rollout underway here in Nevada and across the country, many people are questioning how and where to get vaccinated, when they are able to get their vaccination, and even how they too can help stop the spread of the virus. More and more people are doing their part to wash their hands, sanitize, social distance, and wear their masks, but many are still confused when it comes to all the vaccination process and procedures.

### Who's Turn Is it?

The CDC and Health Departments have outlined a basic timeline for vaccinations, but the specifics can vary within each local state and cities. The basic rollout timeline is presented within phases starting with healthcare personnel, frontline workers, and seniors, and then increases in availability to more groups as more vaccine resources become available and delivered. Currently we are in Phase 1B.

**Phase 1A: Healthcare Personnel and Long-Term Care facility Residents** – Medical workers and staff, nurses, doctors and elderly patients/residents of long-term health care facilities.

**Phase 1B: Frontline Essential Workers and Seniors 70+ Years of Age** – Frontline essential workers and medical staff carried over from Phase 1A and senior citizens 70+ years old (prioritizing those with underlying medical conditions). - **CURRENT PHASE - 1B**

**Phase 1C: Seniors 65-74 Years of Age, 16-74 Year Old's with Underlying Medical Conditions and Other Essential Workers** – People ages 16 and up who are “higher risk” due to underlying medical conditions, all people 65 and over and All essential workers (transportation, logistics, food service, education, housing, construction, finance, information and tech, communications, energy, law, media, public safety and health).

**Phase 2 and Onward:** As availability increases, more age groups will be included. Vaccines have not yet been tested or approved for small children but will be determined at a later date.

*CDC's COVID-19 Vaccine Rollout Recommendations –*

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations.html>

**Don't Just Wait; Participate.**

The most important thing you can do while waiting for your turn to receive the vaccine is to remain patient. Continue to wear your masks, limit social gatherings, maintain active social distancing, wash your hands and sanitize often. However, these aren't the only things that you can do to help.

Many senior citizens who are able to receive the vaccine may find the process difficult and confusing. Many of the pharmacies, health centers and vaccine stations require online reservations, confirmations via email and QR codes and other registration processes that may be difficult and unfamiliar to many citizens 65 and older.

If you have family members, friends or neighbors in this demographic, consider reaching out to them and assisting them with this process. There are a lot of ways you can help ease their confusion and concerns with the process and by helping more of the older population to receive their vaccines, the faster we can move on through the phases and get vaccines to more demographic groups.

### **“How Can I Help?”**

You may not fill out any forms on their behalf. However, you can assist elderly citizens with accessing online registration sites and booking their appointment. A list of locations and to make an appointment here in Southern Nevada can be found at:

<https://covid.southernnevadahealthdistrict.org/vaccine/distribution>.

You can assist elderly citizens by providing transportation to the vaccination locations, reminding them to bring the required proof of identification and/or proof of essential employment. You can also remind them of their appointment date and time, as well as for their return appointment for their second shot (21 days later for Pfizer Vaccine, 28 days later for the Moderna Vaccine.)

By taking the time to help others, you too become part of the solution and help to speed along the process of delivering the vaccine, stopping the spread of the virus and saving countless lives in the process. With a little patience and kindness, we can work together and defeat the virus!