LIFE PATTERNS
INC.

Life Patterns Lowdown

Post-COVID Vaccine protocol

See the CDC guidance below:

Do I need to wear a mask and avoid close contact with others if I have gotten 2 doses of the vaccine?

Yes. Not enough information is currently available to say if or when CDC will stop recommending that people wear masks and avoid close contact with others to help prevent the spread of COVID-19.

Experts need to understand more about the protection that COVID-19 vaccines provide in real-world conditions before making that decision. Other factors, including how many people get vaccinated and how the virus is spreading in communities, will also affect this decision. We also don't yet know whether getting a COVID-19 vaccine will prevent you from spreading COVID-19 to other people, even if you don't get sick yourself. The CDC will continue to provide updates as they learn more. While experts learn more about the protection that COVID-19 vaccines provide under real-life conditions, it will be important for everyone to continue using **all the tools** available to help stop this pandemic.

To protect yourself and others, follow these recommendations:

- Wear a mask over your nose and mouth
- Stay at least 6 feet away from others
- Avoid crowds
- Avoid poorly ventilated spaces
- Wash your hands often

Should I continue to wear a mask, social distance, maintain good hygiene and avoid large gatherings?

Yes, until all populations are vaccinated, please continue to take precautions.

Will I need to continue to wear a mask after vaccination?

Yes! Until there is mass vaccination, there will still be a need to follow the precautions put in place. The vaccine is one tool to prevent the spread of the virus, everyone needs to continue to wash their hands, wear a mask, practice social distancing, and avoid large crowds.

If I get a coronavirus vaccination, do I still have to wear a mask? Physical distance?

Yes. It may take time for everyone who wants a COVID-19 vaccination to get one. A vaccine that is 95% effective means that about 1 out of 20 people who get it may not have protection from getting the illness.

Also, while the vaccine may prevent you from getting sick, it is unknown at this time if you can still carry and transmit the virus to others. That is why, until more is understood about how well the vaccine works, continuing with precautions such as mask-wearing and physical distancing will be important.

Public health recommendations for vaccinated persons:

While mRNA COVID-19 vaccines have demonstrated high efficacy at preventing severe and symptomatic COVID-19, there is currently limited information on how much the vaccines might reduce transmission and how long protection lasts. In addition, the efficacy of the vaccines against emerging SARS-CoV-2 variants is not known.

At this time, vaccinated persons should continue to follow current guidance to protect themselves and others, including wearing a mask, staying at least 6 feet away from others, avoiding crowds, avoiding poorly ventilated spaces, covering coughs and sneezes, washing hands often, following CDC travel guidance, and following any applicable workplace or school guidance, including guidance related to personal protective equipment use or SARS-CoV-2 testing.

Persons who do NOT meet the following criteria should continue to follow current quarantine guidance after exposure to someone with suspected or confirmed COVID-19:

- Are fully vaccinated (i.e., ≥2 weeks following receipt of the second dose in a 2-dose series, or ≥2 weeks following receipt of one dose of a single-dose vaccine)
- Are within 3 months following receipt of the last dose in the series
- Have remained asymptomatic since the current COVID-19 exposure

Although the risk of SARS-CoV-2 transmission from vaccinated persons to others is still uncertain, vaccination has been demonstrated to prevent symptomatic COVID-19; symptomatic and pre-symptomatic transmission is thought to have a greater role in transmission than purely asymptomatic transmission. Additionally, individual and societal benefits of avoiding unnecessary quarantine may outweigh the potential but unknown risk of transmission, and facilitate the direction of public health resources to persons at highest risk for transmitting SARS-CoV-2 to others. This recommendation to waive quarantine for people with vaccine-derived immunity aligns with quarantine recommendations for those with natural immunity, which eases implementation.

Fully vaccinated persons who do not quarantine should still watch for symptoms of COVID-19 for 14 days following an exposure. If they experience symptoms, they should be clinically evaluated for COVID-19, including SARS-CoV-2 testing, if indicated. In addition, vaccinated persons should continue to follow current guidance to protect themselves and others, including all other SARS-CoV-2 testing recommendations and requirements, and state, territorial, tribal, and local travel recommendations or requirements. For additional considerations regarding quarantine or work restrictions for fully vaccinated healthcare personnel, patients, or residents in healthcare settings, please go to the CDC's website.

These quarantine recommendations for vaccinated persons, including the criteria for timing since receipt of the last dose in the vaccination series, will be updated when more data becomes available and additional COVID-19 vaccines are authorized.

AuthentiCare App & Phone System

The main difference between the AuthentiCare phone system and the app is that—with the phone system, the Participant's authorized phone must be used by the worker to call the system to clock in and out. The app; however, allows the workers to use their own cell phones to clock in and out. To ensure that the worker is physically with the Participant, the app tracks the locations in which the worker clocks in and out. We track these locations in the AuthentiCare system to make sure that they are at the Participant's home at the time of check in and out.

If you are set up for the app, and it doesn't work, then you must call the AuthentiCare system using the Participant's phone to clock in and out. AuthentiCare **must** always be used for clocking in/out, as it is mandated by the State of Kansas.

If you are interested in trying the AuthentiCare app, go to our website, www.lifepatternsks.org. There is a link at the bottom of our homepage for workers to request access! After a worker requests access, we will reach out to their Employer to get their permission as well.

Office Hours

We will be **closed** on Friday, April 2nd, for Good Friday.