



# Mason School District

School Administrative Unit #89  
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Dear Families,

1/29/21

I just wanted to reach out and update you all on a few things as we start to move forward with vaccine appointments for people 65 years and older and people with illnesses that put them at risk. I am sure you are all keeping up with the news. Please know I am here as a resource, and will do whatever I can to help move this pandemic along. Lord knows it needs to end!

I am still attending weekly calls with the state epidemiology Physicians. Last week they discussed the suggestion to review our masking protocols especially with the new variants already circulating (I am sure you heard of the one from the UK that is already in a few states here)? There are actually 3 variants and they do believe the first one will be covered protectively by the vaccine. The ones from South Africa and Brazil are not yet studied enough to know how they are morphing. So in an attempt to do something more than nothing aside from avocation for vaccination, we will also be asking students to eliminate the use of gators and bandanas, along with the valved masks we already do not allow. The gators often fall down below the nose and mouth, and are not considered as protective. We are promoting the CDC's new recommendation to *use any 2 or 3 layered, well fitting masks* as they give better benefit. It's a small adjustment and I feel any of the small things can add up to a lot if everyone is on board. **We do have plenty of the disposable child size masks to share with students who need them while here.**

As far as the vaccines are concerned, it is definitely a new experience. Some people are having an easier time navigating the VAMS (Vaccine Administration Management System) than others. I myself have been cancelled for no reason and booted off the system so just keep trying! Different sites offer different hours/ days/ times, so depending on where and when you want your appointment, it may be a few weeks before you get yours scheduled. Please be patient!

If you or a loved one is eligible for the vaccine, there are some things you may want to know. Symptoms following the vaccine that are common and considered vaccine related are: **Pain at the injection site, Fever, Fatigue, Headache, Chills, Myalgia (muscle aches), Arthralgia (Pain in the joints)**. This means that if you have these symptoms following the injection, it is not cause for alarm, but considered a good sign that your immune system has started working against the viral parts in the vaccine and will recognize the virus should it see it again. *These should only last 1-3 Days*, and I hear more often than not, are gone by day 3. If you have: **Cough, Shortness of breath, runny nose, sore throat, and loss of taste or smell**, it is **not** considered a common symptom post vaccine, and indicates you may have contracted something prior to getting the vaccine. **With any type of concern or post vaccine symptom, please call your physician**, and they will report the symptoms in the VAERS system which keeps track of adverse post vaccine reports.

Feel free to call with any questions or concerns, and I'll do my best to help. It's our hope that together we can still make it through this pandemic in one piece! Masks Up and Covid Down!

For a Healthy School,

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