**Preventing the spread of the coronavirus**

You’ve gotten the basics down: you’re wearing your mask when you need to, avoiding crowds, and keeping your distance. But you likely still have questions. Does wearing a mask protect you, others, or both? How exactly will physical distancing help? And what do you need to know about the new COVID-19 vaccines?

The following actions help prevent the spread of COVID-19, other coronaviruses, and influenza. If you are not fully vaccinated against COVID-19:

- Wear a face mask, as advised by the CDC.
- Maintain at least six feet of distance between yourself and others.
- Avoid large gatherings.
- Socialize outdoors.
- Get vaccinated as soon as you are eligible.

Learn more [here](#).

**COVID-19 Vaccines for Children and Teens**

Widespread vaccination for COVID-19 is a critical tool to best protect everyone, especially those at highest risk, from severe illness and death. Children ages five years and older can get an age-appropriate dose of the Pfizer-BioNTech COVID-19 vaccine. The CDC recommends that children between the ages of 5 and 11 years receive the Pfizer-BioNTech pediatric COVID-19 Vaccine.

Learn more [here](#).

**Ask a Pediatrician:** Do the benefits of COVID vaccines for children five and older outweigh the risks?

Dr. Lee Beers, president of the AAP, explains that COVID vaccines are safe, and significant side effects are much less common than long-term complications from COVID-19 infection. Watch this video [here](#) to learn more.

**Suncoast COVID-19 Stats**

**Week of November 8, 2021**

<table>
<thead>
<tr>
<th>COUNTY</th>
<th>7 Day Rolling Ave. of Daily New Cases</th>
<th>A Population ≥12 with at Least One Vaccination Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Charlotte</td>
<td>10</td>
<td>last wk: 15</td>
</tr>
<tr>
<td>DeSoto</td>
<td>3</td>
<td>last wk: 3</td>
</tr>
<tr>
<td>Manatee</td>
<td>22</td>
<td>last wk: 30</td>
</tr>
<tr>
<td>Sarasota</td>
<td>22</td>
<td>last wk: 23</td>
</tr>
</tbody>
</table>

- **Denotes a positive trend**
- **Denotes a trend that remained the same**
- **Denotes a trend heading in the wrong direction**

The measures we are continually taking are working! Each of us must continue to do our part to get back to normal. Encourage your family, friends, stakeholders, clients, and others to continue to get vaccinated. Getting vaccinated is the best protection against COVID-19. Let’s keep our community’s numbers heading in the right direction!

**CONTACT US**

Please forward this to your network, and when you have stories about overcoming and thriving during COVID-19, please send them to Cheri Coryea at:

CCoryea@thepattersonfoundation.org

#COVID19
@ThePattersonFdn