Stories from the Suncoast: Protecting Ourselves and Others Through Vaccination

For over a year, the Suncoast region has been learning and evolving in step with the COVID-19 global pandemic. With the availability of vaccinations, we have an opportunity to protect ourselves and the ones we love in hopes of safely returning to our everyday activities.

In this edition, we spotlight two individuals doing their part in creating a healthier and more thriving Suncoast! When asked why she decided to get vaccinated, Ashley Coone shared, “I received the COVID vaccine so that I could return to some sort of normalcy while keeping myself, my loved ones, and community safe. I longed to spend time with my family/friends and not have to worry about possibly making them ill. I’m grateful that the vaccine has provided some protection for us to be in each other’s company once again.”

Kelli Karen Smith shared similar sentiments, “Getting the Covid 19 Vaccine was important to me for my personal and professional life. This gives me the opportunity to fully participate in the world – visit and hug my family, go to the theatre and museums, take my vintage friends out for a lovely afternoon, travel. I’m happy I’m part of the #vax population.”

Like Ashley and Kelli, you too can be vaccinated for free at a location near you! Vaccination offers the best protection against the virus in its many variants and moves us closer to the other side of the pandemic!

Updated CDC Guidelines in Response to Spiking Cases of the Delta variant

Nationwide, COVID-19 cases are spiking as the Delta variant continues to spread. In response, the CDC recently updated its guidelines to include the following recommendations:

- **Fully vaccinated people:** Wear a mask in public indoor settings in areas of high transmission.
- **Fully vaccinated people:** Choose to wear a mask if you or someone in your household is immunocompromised or at increased risk for severe disease from COVID-19. Also, consider wearing a mask if someone in your household is not fully vaccinated.
- **Fully vaccinated people:** If exposed to someone with suspected or confirmed COVID-19, get tested 3-5 days after exposure, wear a mask in public indoor settings for 14 days or until you receive a negative test result.
- **Everyone regardless of vaccination status:** Universal indoor masking for all teachers, staff, students, and visitors to schools.

To get ahead of the pandemic, wear your mask, get tested, and get fully vaccinated to stop the spread.

To read the CDC’s full guidelines, click [here](#).

The Patterson Foundation: Community Conversation on COVID Resurgence, Response, and Recovery

Community conversations are an opportunity to discuss what your aspirations are for the community around a particular topic. Now more than ever, these conversations are crucial to bringing our communities together through shared aspirations. We invite you to share your perspective around the ever-evolving challenges brought forth by COVID-19 and how our communities might respond.

Conversations will be held virtually through Zoom from 12p-1:30p. Please sign up for ONE of the following days: Tuesday, August 17; Wednesday, August 18; or Thursday, August 19. To keep the 90-minute conversation personal and productive, space in each session is limited. [here](#).

COVID-19 is not “going away” any time soon. Recently, cases in Southwest Florida and the four count region have spiked as a result of the Delta variant. Encourage your family, friends, stakeholders, clients, and more to get vaccinated. Getting vaccinated is the best protection against the variants, including Delta.