



Dear Aspire Community,

I hope you and your family are enjoying the holiday season.

As we begin winter and gather for the holidays, we are also confronting another surge of COVID-19. There are individuals and staff across our operations who are testing positive once again.

First and foremost, we need to continue with the precautions that we know work.

Thank you for getting vaccinated! **If you were vaccinated more than 6 months ago, or you are high risk, please get a booster shot.** The booster significantly increases your protection against the Omicron variant and will reduce its spread to others.

Aspire will be holding booster clinics as soon as possible, but don't wait. Get you and your family members boosters to protect yourselves. The CDC and FDA may be changing their guidance about what constitutes "fully vaccinated." We will wait for their updated guidance before making any decisions about our policy.

KN95 masks should now be used in all programs and offices. Be sure to get the fit correct to ensure that you get the full protection of the mask. If you are still using a surgical mask at home, [check out our video on mask fit and double masking](#).

Social distancing remains important. **Administrative, office, and clinical staff should work remotely whenever possible.** All trainings should be converted back to remote, except for 1:1 skills demonstrations, where necessary. Reduce cross traffic and staffing across programs and homes as much as possible.

Avoid crowds, keep 6 feet apart from people not in your household. Stay home if you are sick. Get tested if you have any symptoms or 3 days after an exposure. Quarantine when positive or awaiting test results.

As you gather with friends and family consider the following to keep you and your loved ones healthy:

- Vaccinate or test before gathering
- Increase ventilation in your home
- Those at highest risk should mask or consider participating virtually
- Stay home if you are experiencing symptoms or have been exposed and awaiting a test

- Wear a KN95 or double mask whenever you are not at home
- Choose the people and events that are most important to you and skip the rest

Thank you for all you have done in 2021 to support the people we serve. Your efforts make an important difference in their lives every day.

Wishing you safe and happy holidays and all the best in 2022,

Lou

