



January 2021

Dear Community Supporter,

On behalf of our employees, physicians and volunteers, we send a wish of hope and health to you and your family as we enter this new phase of the COVID-19 pandemic. Understandably, you may have questions about the new vaccine and its availability to the rest of the Truckee/North Lake Tahoe community, and we'd like to tell you what we know so far.

As you know by now, the limited first supply of vaccines have already arrived in our community, and we immediately began the roll-out process to our health care workers. This group is determined to be at high risk of exposure, so they were first in line.

We expect to see more vaccines arrive in the early months of 2021, with no known date at this time. As production and availability of the vaccine increases, we anticipate being able to offer them more broadly under appropriate public health guidelines, which we are required to follow. We're working now with many local agencies to create a large public health vaccination outreach program, to hopefully shorten the pandemic in our community by materially lowering the current upward trend as soon as possible.

For this initial vaccine rollout, the State of California and State of Nevada determined the allocation of vaccines to local health departments, and they in turn further refined allotments to local hospitals including Tahoe Forest Hospital and Incline Village Community Hospital. Questions about allotments to each county and how supplies are allocated should be directed to the California Department of Public Health (CDPH), the Washoe County Health District, or the local California county health departments. You can find a list of state, county and health system resources on the COVID-19 pages of our website, www.tfhd.com. We encourage you to stay informed about the vaccine and the latest information available.

While we're still very much in the pandemic, it's vital that all local residents remain vigilant about adhering to public health department orders and guidelines about masking, social distancing, hand washing, limited gatherings as well as healthy eating, drinking and exercise as the best way to avoid the virus. January is a good time to think about our personal health and wellness, and we offer a wide variety of programs to help you, some low-cost or free that we hope you'll take advantage of. For details, go to www.tfhd.com, or call the *Center for Health* at (530) 587-3769.

We'd also like to strongly encourage all residents to set up a *MyChart* account through your health care provider office. *MyChart* is a free service offered to our patients that provides secure online access to portions of your medical record. It's an easy, confidential way to view your medications, test results, health summary and immunizations, and access other health services such as requesting prescription renewals and communicating with your health care team. You'll need an activation code to set up a secure *MyChart* account, so contact your provider office directly for more details.

We encourage you to keep in touch with us on Facebook, Instagram, Twitter or our website (www.tfhd.com) for all the latest health system news, events and COVID-19 updates. Our health care services are open and safe, and we're here to take care of you, so please don't delay any needed medical care.

As always, I'm always open to your feedback about our programs and services, and you can reach me via email at info@tfhd.com. Your health is our number one priority. Wishing you and your family a happy New Year!

With warmest regards,

A handwritten signature in black ink, appearing to read "Harry Weis", written in a cursive style.

Harry Weis
President & CEO
Tahoe Forest Health System