

# COVID-19 UPDATES

## Health-care workers eligible for third dose

Effective Monday, November 8, health-care workers who provide direct patient care and received their first two doses of COVID-19 vaccine less than eight weeks apart will be eligible to book their third dose.

Albertans aged 70 and over, First Nations, Métis, and Inuit people aged 18 and older and Albertans who received two doses of AstraZeneca or one dose of the Jansen vaccine will also have access to third doses. Seniors living in congregate care and immunocompromised individuals are already eligible for third doses, as are travellers to jurisdictions that don't recognize AstraZeneca or mixed series doses.

Recommended intervals are as follows:

- At least six months after a second dose: Health-care workers, Albertans aged 70 or over, First Nations, Métis, and Inuit people aged 18 and older and Albertans who received two doses of AstraZeneca or one dose of the Jansen vaccine
- At least five months after a second dose: Seniors in congregate care
- At least eight weeks after a second dose: Those with immunocompromising conditions
- At least four weeks after a second dose: Travellers to jurisdictions that don't recognize AstraZeneca or mixed series doses

[More information.](#)

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## Review: COVID-19 transmission

An Alberta Health Services Scientific Advisory Group report on the likelihood of transmission of COVID-19 infection following vaccination is [now available](#).

The report concluded that COVID-19 vaccination reduces the risk of spreading COVID-19 by preventing infection in most but not all recipients. It also found that if vaccinated individuals test positive, they seem to be less likely to spread infection to their close contacts.

Furthermore, while data suggests that vaccines can reduce the transmission of the Delta variant as well, more studies are needed on the more highly transmissible variants. Studies suggest it is rare for vaccinated people

to spread COVID-19, but it is possible. As a result, vaccinated people should still follow public health measures and be tested and isolate if they develop symptoms, the report added.

[Read the report.](#)

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## Thriving Through COVID workshops

The Calgary Zone is offering free workshops to PCN physicians and staff that are designed to support primary care teams cope with chronic stress related to the on-going COVID pandemic. The workshops will provide information on:

- The neurobiology of chronic stress and its symptoms
- Identifying those symptoms health care providers may be experiencing
- Self-regulation skills to manage stressors
- Skills to support other team members experiencing stress
- Contracting within the team on how they can best support each other going forward

Please note that credits are not available for these workshops and physicians and staff will not be compensated for attending. The following workshop dates and times are available:

- Monday: November 8, 10 a.m. to 1 p.m. – [Register](#)
- Wednesday, November 10, 1-4 p.m. – [Register](#)
- Monday, November 15, 1-4 p.m. – [Register](#)
- Thursday, November 18, 9 a.m. to noon – [Register](#)
- Friday, November 19, 9 a.m. to noon – [Register](#)
- Tuesday, November 23, 10 a.m. to 1 p.m. – [Register](#)
- Wednesday, November 24, 1-4 p.m. – [Register](#)

Registration closes at noon, the day before each webinar.

[More information.](#)

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## Quick links

### COVID Corner

On Wednesday, November 10, from 7-9 pm., the COVID Corner webinar series tackles *Mental Health in the Pandemic: Early Detection and Intervention*. The Continuing Medical Education event will explore the impact of COVID-19 on mental health presentation in children and adolescents while highlighting the importance of early screening and management. It will also examine the impact of the pandemic on opioid and alcohol substance use disorders in adults. [More details](#). On Wednesday, December 8, from 7-9 p.m., the final COVID Corner of 2021 will be held. It is titled *Keeping COVID Out: Optimizing Patient Care to Reduce Hospitalizations*. [More details](#).

### Town hall recording: Vaccines, pregnancy and fertility

A recording of the town hall on vaccines, pregnancy and fertility is available online. The event was hosted by Chief Medical Officer of Health, Dr. Deena Hinshaw, on Wednesday, October 27. [Listen to the recording.](#)

### **Podcast: Humanity in Medicine**

A Well Doc Alberta physician wellness podcast is now available, titled *Being Human: Thoughts on Humanity in Medicine*. The podcast features a conversation between Gabrielle Brown, evaluation and measures specialist and podcast coordinator with Well Doc Alberta and Dr. Jane Lemaire, a director of Well Doc Alberta. [Listen to the podcast.](#)

### **Pediatric Infectious Disease Conference**

Registration has opened for the 2022 Pediatric Infectious Disease Conference, which will be held in Banff from Friday February 18, to Sunday, February 20. [More information.](#)

### **Variant of Concern testing update**

Effective Monday, November 1, COVID-19 variant of concern testing will be performed primarily for surveillance purposes and no longer for acute clinical or infection, prevention and control management. Variant of concern results will still be reported but the average turnaround time will be extended to at least seven days. For more information, please email [nathan.zelyas@aplabs.ca](mailto:nathan.zelyas@aplabs.ca).