

An Important Update from the Infection Prevention Team

Layered Approach to Protection

February 12, 2021

The latest piece of [BAYADA's core safety strategies](#) is the COVID-19 vaccine. The best way to protect yourself and others from COVID-19 is to follow each of the safety strategies: wearing PPE, practicing good hand hygiene, social distancing, getting tested, and getting vaccinated.



Why Get Vaccinated? It's All about Layers.

It's like adding a warm coat on top of your winter clothes to protect you from the cold.

- Getting the COVID-19 vaccine is like adding a coat on top of your winter gear. The vaccine is an added layer of protection on top of all of the other safety measures you have been practicing.



Even though you're bundled up, it's still snowing outside.

- We cannot control the spread of COVID-19 in the communities where we live and work, but we can protect ourselves. You are the most protected from COVID-19 when following **all** of the safety strategies.
- If you're dressed in layers, you're more likely to feel a slight chill instead of the severe effects of frostbite. The same idea applies to the COVID-19 vaccine. If you are vaccinated and still get COVID-19, its effects should be less severe.



You want more protection than a t-shirt in the snow.

- Much like a t-shirt alone wouldn't be enough to keep you warm in a snowstorm, the COVID-19 vaccine alone is not effective protection from getting sick. The same is said for BAYADA's core safety strategies: when you are using them all together, you are best protected from each unique snowflake (ie, different COVID strains).

