



The WHALE Study
Family Newsletter
May | 21st | 2021

Adjusting to the New CDC Guidelines



There's always something new to adjust to in this pandemic. The CDC recently updated its [guidelines for fully vaccinated individuals](#) (who have waited two weeks after receiving all their shots) to permit activities to be resumed without a mask in most settings. This left many parents of children under 12, who are not yet eligible for vaccines, confused and concerned.

Since children under 12 are not yet vaccinated, the mask and social distancing guidelines still apply to children ages 2-12 and nationally, there was no change in guidelines for K-12 schools. In addition, you are a model for your children. Vaccinated caregivers may opt to continue wearing masks, even in settings where you have been approved to go mask-less, to encourage their compliance with mask guidelines. And there's nothing wrong with continuing additional precautions if that's what makes your family feel most comfortable.

On the other hand, this is good news and signals that the pandemic will eventually reach an end. For example, 82% of adults who live in Orange County, where many of you reside are vaccinated, making the risk of getting COVID pretty low in this area. In addition, an April 2021, [study results](#) suggested children under the age 10 are at low risk to develop or spread COVID-19, supported by national [data from the American Academy of Pediatrics](#) that child hospitalization and death are very rare. Researchers are currently testing vaccine safety and effectiveness for young children, including optimal doses and side effects, and expect vaccines to be available to children 6 months to 12 years as early as September 2021.

Given the severity of the risk with COVID-19, many of us retreated to our homes, living in a world of minimal risk. The idea of going mask-less can be shocking and scary after months of a mask wearing and distancing habit. "Re-entering" the world draws our attention to the risk of contracting COVID-19. But life is not without risk. For example, most of us and our children regularly drive in cars, an activity which is a [much more](#) likely source of injury or death for a child because of car accidents. Navigating safety precautions is a personal decision for each family to determine what feels best for you.

Check out the page below for **COVID-19** and **community** resources!

Click [here](#) to tell us what topics you want covered in future newsletters!



Please reach out if you have any questions, comments, or concerns regarding The WHALE Study or the COVID-19 situation. Staff can be reached by call, text, or email: whalestudy@unc.edu | 919-914-0588
Find us on Twitter: [@circlelab_unc](#), Instagram: [circlelab_unc](#), and [Facebook](#)!
Newsletter written by Dr. Ilana S. Berman and formatted by Dominique N. Martinez

REMINDERS

****Reminder:** Please refer your friends if they have a 4-6-year-old and you think they would be interested in participating in the WHALE study. For every eligible family that you refer to us, you will receive \$10!**

COVID-19 + COMMUNITY RESOURCES (CLICK BLUE LINKS)

COVID-19 Resources:

- Click [here](#) to find a vaccination clinic near you
- Click [here](#) for a New York Times article putting COVID-19 risk in perspective
- Click [here](#) to read about how many face masks kids need for school
- Click [here](#) and [here](#) for articles on what the mask guidelines mean for unvaccinated kids and their parents

HOUSING

- [Durham Continuum of Care \(CoC\)](#)
- Eviction Information: 216-965-5095
- [Durham Rescue Mission](#)
 - 919-688-9641
- [Orange County Partnership to End Homelessness](#)
- [Urban Ministries of Durham](#)
- [Durham County Social Services](#)
- [Orange County Social Services](#)
- [Wake County Social Services](#)

FOOD & GROCERIES

- [Wake County Public Schools Free Meals](#)
- [Durham County Public Schools Free Meals](#)
- [Orange County Food Resources](#)
- [Chapel Hill/Carrboro Schools](#)
- [TABLE](#)
- [Food Bank of Central & Eastern North Carolina](#)
- [Wake County Food Resources](#)
- [No Kid Hungry NC](#) - Text FOODNC or COMIDA to 877-877 to receive information about 3 drive-thru or pickup sites with meals for kids closest to you

HEALTH & SAFETY

- [Compass Center for Women and Families](#)
 - 919-929-7122
- [Durham Crisis Response Center](#)
 - 919-403-9425
- [InterAct Family Safety and Empowerment Center](#)
 - 919-828-7501
- [Orange County Rape Crisis Center](#)
 - 866-935-4783 (call) , 919-504-5211 (text)
- [Freedom House](#)
 - 919-967-8844 (Crisis Unit, Chapel Hill)
 - 1-877-967-8844 (Mobile Service)
- [Suicide prevention lifeline](#): 1-800-273-TALK (8255)
- Hope4NC Helpline: 1-855-587-3463
- [Crisis Text Line](#): Text HOME to 741 741

CHILDCARE

- [NC Hotline for Critical Workers Seeking Child Care Options](#)
- [Covid Childcare Co-op Creator](#)
- [Covid Urgent Childcare](#)
- [Child Care Services Association](#)

LEARNING

- [Scholastics Learn at Home](#)
- [Khan Academy](#)
- [PBS Kids](#)
- [CDC Tips for Talking with Children about COVID-19](#)