The fourth wave of COVID-19 has arrived in Montreal and the Delta variant is here as well.

As health care workers who have cared for many of you and who are concerned for the wellbeing of the community, we are urging all community members ages 12 and up to get vaccinated against COVID-19 as soon as possible.

- The vaccine is very safe and extremely effective in preventing severe illness and death.
- Young, healthy individuals should be immunized to help prevent the spread of the virus to the more vulnerable and immunocompromised people.
- However, older individuals and those with weaker immune systems remain at risk even if vaccinated as their immune system may not develop the full immunity required especially against the new “variants” like the delta that is now Montreal as well.

To prevent the development of newer and more dangerous variants it is necessary for more than 90% of people to be vaccinated.

Younger people are getting seriously ill with the Delta variant of COVID 19, in jurisdictions in the USA pediatric intensive care units are full of children sick with COVID-19.

Everyone should be aware that many of the people that survive acute COVID-19 infection have prolonged and sometimes serious lingering illness, referred to as “long COVID”.

If you have a medical condition or have any concerns regarding the vaccine, we encourage you to consult your primary care physician whom you trust with all your other medical decisions, and who knows your medical history and can best respond to your concerns and guide your care.

In addition to the critical importance of all being vaccinated we want to also remind all to follow public health recommendations as to distancing, masking, handwashing, as well as to more limited indoor congregating.

Of note recent research has also added that inadequate indoor ventilation as a risk for COVID-19 acquisition.

The Covid-19 vaccines, offered in Canada, have undergone rigorous testing and clinical trials and it has been administered to hundreds of millions of people worldwide already.

The mRNA vaccines have been proven to be safe and effective, even against the delta variant. The vaccine has been determined to be safe for women of childbearing age as well, and it is this special population that is strongly encouraged to vaccinate, as it is especially at risk of developing complications, affecting mom and baby should Covid-19.

We also strongly encourage all 12 and older especially the 12 to 17-year-olds to get vaccinated as this age group commonly hangs out in large groups for extended periods of time which are known factors for spreading the virus.

Thank you.