

MASS SCHEDULE:

Saturdays:

8:00am, 5:00pm - Vigil

Sundays:

7:30am, 9:00am, 10:30am, 12:00 noon

Weekdays: 8:00am

Holy Days: 5:30pm - Vigil;

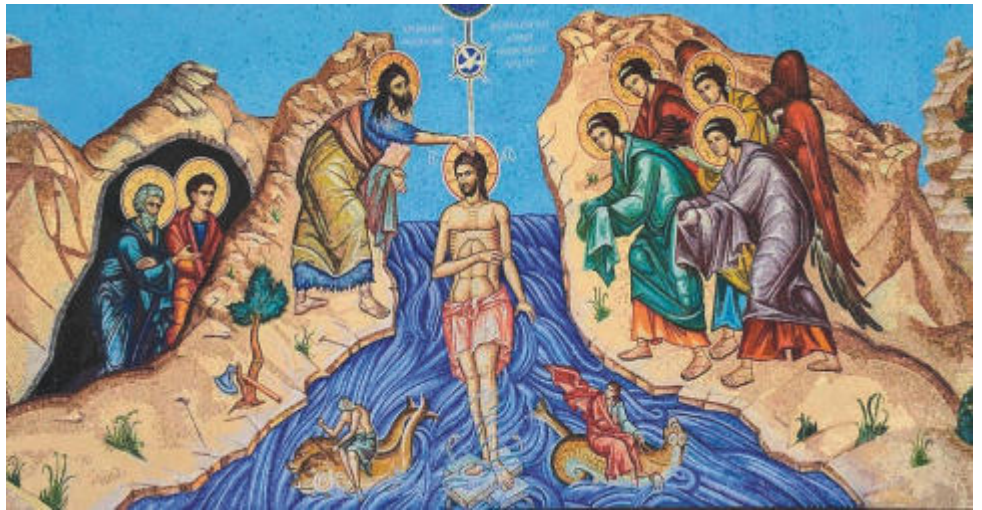
8:00am, 12:00 Noon & 7:00pm

Confession Schedule:

Saturday 3:30pm - 4:30pm

NEW PARISHIONERS ARE WELCOME!

To be registered, please ask an Usher for a Census Card, fill it out, and return it in person, or by mail, to the rectory office.



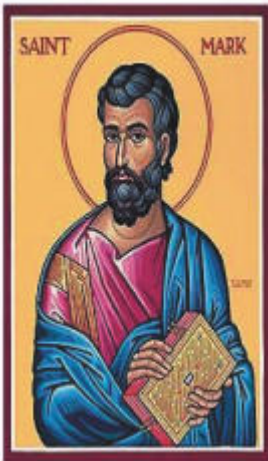
SAINT MARK ROMAN CATHOLIC CHURCH

500 Wigwam Lane, Stratford, Connecticut 06614

Rectory Phone: 203-377-0444 / Fax 203-386-8071 - Parish Website: www.saintmarkchurchstratford.org

Religious Education Phone: 475-988-7581 - School Phone 203-375-4291

BAPTISM OF THE LORD January 9, 2022



PASTOR

Rev. Birendra Soreng

PAROCHIAL VICAR

Rev. Russell Augustine

DEACONS

Deacon Andrew Dzujna

Deacon F. Paul Kurmay

Deacon T. Emmet Murray

DIRECTOR OF MUSIC

Mr. Donald Brelsford (203-414-9253)

CANTOR

Maria Damianou (203-377-0444)

DIRECTOR OF RELIGIOUS EDUCATION

Mrs. Patricia Nettleton (475-988-7581)

YOUTH MINISTRY

Mr. Jared Forcier (203-876-1621)

www.stmarkyouthgroup.org

PARISH BUSINESS MANAGER

Mrs. Joan Hurley (203-377-0444)

PARISH SECRETARY

Mrs. Paula Mollica (203-377-0444)

ST. MARK SCHOOL

Mrs. Melissa Warner, Principal (203-375-4291)

PARISH TRUSTEES

Mr. Frank Bevacqua

Mr. Kevin Huben

PARISH COUNCIL

Al Grassia, President (203-258-0668)

PARISH FINANCE OFFICER

Mrs. Miriam Costa (203-380-8583)

MATRIMONY

Arrangements must be made with one of the priests at least 8 months in advance of the date before social plans are made. If either party has gone through any form of civil or religious marriage with another person the priest is not permitted to set a date for the wedding until the Bishop's office has been consulted.

PREBAPTISMAL CLASS

For those anticipating the birth and subsequent Baptism of their first children, class is held on the second Tuesday every other month. January, March, May, July, September, November at 7:30 p.m. in the Upper Room.

ROSARY

Daily following the 8:00 a.m. Mass/Upper Room

CHOIR

Wednesday Evenings at 7:00 p.m.

ADORATION CHAPEL

Divine Mercy is open from Sunday 6:00 p.m. through 10:00 a.m. Saturday 24 hours per day. Additional Eucharistic Adorers are always welcome. Please consider volunteering an hour of your time and contact Gary Tennyson at 203-953-1200/email tennysg@comcast.net or R. Scott Goodfellow at 203-394-2248 and email rscttgoodfellow@aol.com.

OFFICE HOURS

Monday - Thursday, 9:00 a.m. - 4:00 p.m.

Friday - 9:00 a.m. - 2:00 p.m.



Bequests to St. Mark are strongly encouraged and gratefully accepted. Suggestion: When a loved one dies, advise relatives & friends to make a donation to "St. Mark Bldg. Fund" in memory of the deceased, and include this wish in the obituary notice.

Mass Intentions for the Week

**Saturday, January 8, 2022 thru
Sunday, January 16, 2022
Baptism of the Lord - Second Sunday
in Ordinary Time**

Saturday

- 8:00 Eileen White
RB St. Mark Parish Family of Faith
5:00 Lena and Louis DiStassio and Robert Sanchioni
RB Family

Sunday - Baptism of the Lord

- 7:30 John, Matilda, and Donald Raus
RB Family
9:00 Vincent Kornacki
RB Krekoska Family
10:30 Brandon DeFilippo
RB Family
12:00 Nancy Murray
RB St. John Paul Council #8 Knights of Columbus

Monday

- 8:00 Richard Giordano
RB St. Mark School Family of Faith

Tuesday

- 8:00 Judy McGovern
RB Collins Family

Wednesday

- 8:00 John Conforti
RB Mother and Family

Thursday

- 8:00 Edward Zigmond
RB Wife

Friday

- 8:00 Steinmetz & Collins Families
RB Family

Saturday

- 8:00 Jill and Frank Kurmay
RB Deacon Paul Kurmay and Family
5:00 Jim Duffy III
RB Silhavey Family

Sunday

- 7:30 James Rafferty, Sr.
RB Mary Gorman
9:00 Robert Zimmermann
RB Wife, Karen Zimmermann
10:30 Frances Wignall
RB Dorothy and Reginald Beers
12:00 Mary Murphy
RB Pat and Eric Vogel

FIRST FRIDAY HOLY HOUR JANUARY 7, 2022

FIRST FRIDAY HOLY HOUR has a new time. FFHH will now meet at 3:00 p.m. in the church, not at 5:30 p.m. Please mark your calendars accordingly.

FINANCE DEPARTMENT: Just a reminder to write your envelope number in the memo section of your check when sending your donation by mail. And don't forget to write the year 2022 when writing a check. You know how it is when a new year rolls around.....everyone forgets to write the new year !!!



COVID: With the surge in positive covid-19 and variant cases across the country, I am asking parishioners, vaccinated or not, to voluntarily resume wearing masks at Mass. This is for the safety of all of us. Thank you!

Father B

UPCOMING EVENTS

Jan 8: Bottles and Cans Pick Up Parish Center

READER SCHEDULE

Saturday, January 15, 2022

5:00 Kurt Ahlberg

Sunday, January 16, 2022

7:30 Theresa and Keith Cavoto
9:00 Joe Donia
10:30 Kelly Coble
12:00 Gene Holmes

**Readings for this Sunday may be found in the
Missalette:
Baptism of the Lord - Page 59**

BOTTLES AND CANS: Next collection is January 8, in front of the Parish Center, 10:00 a.m. till 2:00 p.m.

For the week of January 8, 2022 to January 15, 2022
 The Sanctuary Lamp Glows in Memory of
 Vincent Kornacki
 RB Krekosa Family



WE STAND WITH CHRIST CAMPAIGN: We are two years into our *We Stand With Christ Campaign*. Below are our pledge statistics. To make a payment on your pledge please visit GiveCentral.org/WSWC or call 203-648-9050.

Saint Mark Parish	
<i>We Stand With Christ Campaign Redemption</i>	
Total Pledged	\$1,474,570
Total Collected (as at 11/1/2021)	\$904,955
Balance Due	\$569,815

If You Test Positive for COVID-19 (Isolate)
Everyone, regardless of vaccination status.

Stay home for 5 days.

If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.

Continue to wear a mask around others for 5 additional days.

If you have a fever, continue to stay home until your fever resolves.

If You Were Exposed to Someone with COVID-19 (Quarantine)

If you:

Have been boosted

OR

Completed the primary series of Pfizer or Moderna vaccine within the last 6 months

OR

Completed the primary series of J&J vaccine within the last 2 months

Wear a mask around others for 10 days.

Test on day 5, if possible.

If you develop symptoms get a test and stay home.

If you:

Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted

OR

Completed the primary series of J&J over 2 months ago and are not boosted

OR

Are unvaccinated

Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.

If you can't quarantine you must wear a mask for 10 days.

Test on day 5 if possible.

If you develop symptoms get a test and stay home

HANDS TO HEARTS: The January meeting schedule is as follows: January 5 and 19 in the Upper Room at 1:00 p.m.

SNOW BIRDS: Please notify the rectory office if you are going away for the winter and the date of your return so we may adjust the mailing of your giving envelopes appropriately.

PROJECT FROM THE HEART: Many thanks to all of our St. Mark parishioners who have so faithfully donated items to the "Project From The Heart" program sponsored by our Divine Mercy Cenacle. To update you: We heard from the chairman of this endeavor that they are still collecting, and that donations are now going to Africa where there is a large contingent of our CT National Guard Troops. In addition, these troops are also stationed in Kuwait, and Kosovo. Any and all items, as listed on the bulletin boards here at church, continue to be greatly appreciated and most certainly needed. **However, items specifically mentioned as needed are wipes, cold weather items such as hand warmers and foot warmers, body wash, shampoo, (in small travel sizes for ease in shipping please. They will donate large bottles to local centers but cannot ship large bottles) and tuna fish.** Thank you and God Bless one and all.

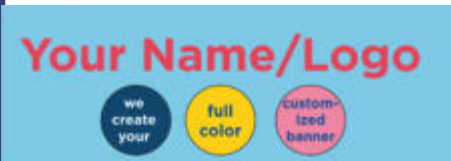
CAN YOU SHARE YOUR HOME? A St. Mark parishioner, 83 years young, is seeking a room rental. Non-smoker, great company, neat and tidy, excellent conversationalist, and much, much more! If you have a room to rent, please call Elaine Gallant at 203-375-8745.

SOCIAL EVENTS COMMITTEE: A post on the parish website that has a link to view photos of the Family Fun Night. You can also use the link:
<https://photos.app.goo.gl/u7ZS63j68Sfdm1rx6>.

Basketball Sponsorship Opportunities: St. Mark Basketball is known in the community for its long legacy of developing young people into successful athletes and leaders on and off the court. The program is open to 3rd through 8th graders within the school and parish community and runs from October through March. The season culminates with an annual month-long basketball tournament which generates proceeds to support the following year's program.

The pandemic hit during the 2020 St. Mark Basketball Tournament, forcing us to cancel the event and resulting in a significant loss of revenue. Now, 18 months later, students are actively training and competing and excited to plan this year's long-awaited tournament.

Please consider sponsoring our 2022 St. Mark Basketball Tournament which attracts hundreds of families in and around Fairfield and New Haven County. The tournament is scheduled to take place from February 22 through March 19. Your support of this fun family event will make a great impact on our community, local youth sports, and will help cross-promote your own business.



We've created exciting sponsorship packages aimed at promoting local businesses in the school gym with banners and chair-back covers, with custom-designed branding.

Please contact Athletic Director Michael Sciallo at Michael.Sciallo@stmarkschool.org or 860.877.9188 for more information.

GIFT CARDS NEEDED: Deacon Paul has asked if we could collect food gift cards from Stop 'n Shop or ShopRite to help feed the needy of our community this holiday season. Most of you provide gift cards in denomination of \$25; however, any amount is most welcome! You may place the gift cards in an envelope marked "Deacon Paul" and place them in the collection baskets or drop them at the rectory office. Thank you!

Father Skip/Blessed Sacrament continue to be awed by the amount of food and sundry items that St. Mark provides each week to fill their food pantry. Father Skip constantly asks us to say "thank you, thank you, thank you" for the generosity shown by our parish. He asked that we convey how humbled he is by our continued support of his mission to feed the hungry in our community.

Happy New Year! Welcome 2022!

Dear Saint Mark Parish Family and Friends:

By the grace of God we start yet another year - 2022! Traditionally people all over the world welcome the New Year with big parties and celebrations, hoping for a better year for the entire world community. January comes from the Roman mythology god Janus, who was two-faced. As we begin a new year and look back on the passing year, we are reminded of many challenges the church, our nation, and the world are facing. This is the second New Year we are starting amid COVID-19 and we don't know what 2022 holds for us. But as we begin a New Year amid these trials, we place our trust in God and hope for a better year and pray that 2022 will see the end of COVID and all its variants. The year 2022 by itself can't be a better year. That is why we take New Year resolutions. As weak and human as we are, there are some areas of our lives where we need to make some improvements. With God, not only every year, but every day and every moment, is a new beginning. God never promised a trouble-free life and we cannot expect this year also to be a year of smooth sailing. But we are people of hope and pray that with Jesus, Mary, and Joseph at our side, year 2022 is a year of hope, peace, good health, and of many blessings.

On behalf of Fr. Russ, Deacons Emmet, Paul, Andy, and the rectory staff, and my own behalf, heartfelt thanks for your Christmas and New Year Greetings, prayers, lovely cards, delicious cookies, and thoughtful and kind gifts.

Happy New Year and May God bless each and every one of you and your loved ones and keep you healthy and happy in the New Year. May Blessed Virgin Mary, our mother and mother of the church hold our hands and continue to guide, protect, and keep us always in her loving embrace!

Fr. Birendra



This **February 4 – 6**, gather with others at St. Pius X in Fairfield, CT for SEEK22. This conference draws in 25,000+ attendees and this year it can be attended locally! Encounter the Source of all your heart's desires and find the true place of the Gospel in your everyday life. You will be empowered, encouraged, and equipped to experience the hope of Jesus Christ. Dive deep into the heart of the Gospel message with some of the world's best speakers!

Pray, share meals, hear inspiring talks, partake in relevant discussions, and enjoy holy leisure together. **What if you said yes?**

For details, schedule, and registration visit www.bit.ly/spx-seek2022

Contact Person: Paola Peña ppena@st-pius.org



Ladies, do you desire to live in greater freedom? Are you longing for an authentic encounter with your true feminine identity? Join us for the **Undone Women's Conference** where you will experience a weekend of truth, beauty and transformation, as the knots of Eve's disobedience are "undone" through Mary's model of radical receptivity.

Bring yourself, your mother, your sister, your adult daughters and friends. This is a weekend you won't want to miss!

Undone: Freedom for the Feminine Heart will be held at St. Pius X Parish in Fairfield, CT March 31 – April 2, 2022. This event is being offered in person OR virtually via livestream! Register online for either experience at www.jp2healingcenter.org. Scholarships, student and missionary discounts available. Contact JP2RetreatFairfieldCT@gmail.com for more information.

Time alent reasure

Our Stewardship of Treasure

JANUARY 2022 COLLECTION ENVELOPES

Jan 1:	Solemnity of Mary
Jan 2:	Weekly Offering
Jan 9	Weekly Offering
Jan 9	Extraordinary Expenses
Jan 16:	Weekly Offering
Jan 23	Weekly Offering
Jan 30	Weekly Offering
Jan 30	Support Church in Latin America

Week ending December 26, 2021

Friday/Saturday/Sunday Mass Offerings:	\$ 5,891.00
Mass offerings mailed to the Office:	\$ 2,118.00
On-Line Giving:	\$ 2,297.00

Week ending January 3, 2022

Friday/Saturday/Sunday Mass Offerings:	\$ 3,893.00
Mass offerings mailed to the Office:	\$ 1,732.00
On-Line Giving:	\$ 3,586.00

Christmas Offering:	\$19,801.00
Christmas Flowers:	\$ 3,271.00

Readings for the Week of January 9, 2022

Sunday: Is 42:1-4, 6-7/Ps 29:1-2, 3-4, 3, 9-10 [11b]/Acts 10:34-38/Lk 3:15-16, 21-22
 or, Is 40:1-5, 9-11/Ps 104:1b-2, 3-4, 24-25, 27-28, 29-30 [1]/Ti 2:11-14; 3:4-7/
 Lk 3:15-16, 21-22
 Monday: 1 Sm 1:1-8/Ps 116:12-13, 14-17, 18-19/Mk 1:14-20
 Tuesday: 1 Sm 1:9-20/1 Sm 2:1, 4-5, 6-7, 8abcd/Mk 1:21-28
 Wednesday: 1 Sm 3:1-10, 19-20/Ps 40:2 and 5, 7-8a, 8b-9, 10/
 Mk 1:29-39
 Thursday: 1 Sm 4:1-11/Ps 44:10-11, 14-15, 24-25/Mk 1:40-45
 Friday: 1 Sm 8:4-7, 10-22a/Ps 89:16-17, 18-19/Mk 2:1-12
 Saturday: 1 Sm 9:1-4, 17-19; 10:1a/Ps 21:2-3, 4-5, 6-7/Mk 2:13-17
 Next Sunday: Is 62:1-5/Ps 96:1-2, 2-3, 7-8, 9-10 [3]/1 Cor 12:4-11/Jn 2:1-11



Adoration Chapel Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
12am	O	O	O	O	O	O	C
1am	O	O	O	O	O	O	C
2am	O	O	O	O	O	O	C
3am	O	O	O	O	O	O	C
4am	O	O	O	O	O	O	C
5am	1	O	O	O	O	1	C
6am	1	1	1	1	1	1	C
7am	1	1	1	1	1	1	C
8am	O	O	O	O	2	1	C
9am	1	O	O	1	1	1	C
10am	1	O	O	O	1	C	C
11am	O	O	O	O	1	C	C
12pm	1	1	O	O	O	C	C
1pm	O	O	O	O	O	C	C
2pm	O	O	O	O	O	C	C
3pm	O	1	O	O	1	C	C
4pm	2	1	O	1	2	C	C
5pm	O	O	1	O	1	C	C
6pm	1	O	1	1	O	C	O
7pm	1	1	1	1	O	C	1
8pm	2	O	1	1	1	C	1
9pm	1	1	O	1	O	C	O
10pm	O	O	O	O	O	C	O
11pm	O	O	O	O	O	C	O

ADORERS NEEDED FOR ALL "O" HOURS!

O = Chapel Open, NO Adores Scheduled

(1 = One Adorer Scheduled) (2 = 2 scheduled)

C = Chapel CLOSED (for now)

PLEASE call Scott Goodfellow @ 203-394-2248 or

Email rscottgoodfellow@aol.com if you wish to

Volunteer, change your hour, see errors, or

have any Questions or concerns.

Partial Update: Nov 18, 2021

"John answered them all, 'I baptize you with water; but he who is mightier than I is coming...he will baptize you with the Holy Spirit..." LUKE 3:16

The Catholic Catechism states that "Jesus' immersion in the water is a sign for all human beings of the need to die to themselves to do god's will." In other words, as baptized Catholics there is only one gift that we need to give Jesus - the gift of ourselves. Surrender yourself to God, please your trust in Him, and allow the Holy Spirit to work through you to the greater glory of God,



Pray for: Marilyn Bedford, Stephanie Leko, Ava Christine Gallant, Peter Kiman, Jr., Jim Orlowe, Linda Bates, Janet Onze, Robert Haborak, Lillian Butler, Jason Swarbrick, John Hoffman, Eleanor Somma, Abigail Feehan, Lillian Koeigler, Michael Petro, Rose Kovach, Christopher Rascoll, Mark Klizas, Jenna Strickland, Julia,

Leo, JoAnn Battistoni, Amanda LaPrade, Glenn Derbyshire, Helen Elias, Theresa Mollica, Liana Lowman, Richard Smith, Maurizio Marchese, Thomas and Loretta Foley, Kina Silva, Nicholas Genga, Robert Noonan, Will McKelvey, Samuel Mulford, Bill and Carolyn Novotny, Blaise Vitale, Dayna Reed, Ethan Ortega, Debbie Smelagln, John Hagus, Shirley Burr, Dolores Larracuente, Richard Silva, Robert Ligouri, Rosalina Staltaro, Carolyn Purchowicz, Christopher Hayes, Mike Nemeth, Margaret Wynne, John Pacheco, Danny, Antonia, Joe Vecsey, Mark Casagrande, Jr., Stephanie Galaburri, Ray Majs, Roselyn Bagley, Paul Bortnick, Daniel Krekoska, Robin Florio, Sandra Carpenter, Dorothy Moscato, Catherine Hmurcik, Audrey Pepin, Ronnie Cristiano, Jimmy Bortnick, David Goldstein, Maryann Balog, Kristen Broedlin, Michael Hostetter, Jr., Eileen Kreutz, Ana Bordieri, Michael Rotunno, Cassie Roux, Barbara Hansing, Jay Sutay, Julie Bellitto, Ramon Garcia, Carol Roosevelt, Daniel O'Brien, the Golchin Family, Joseph Senigla, Joe Luroso, Stephen Colleran, Marian Rabel, Janet Roberts, Lorie Boveroux, Joe Crudo, Ralph DeLuca, Carlos Rosado, John Henchy, Judy McGovern, Margaret Mohyde, Elaine Kera, Jo Peschell, Robbie Carpenter, Katie Macauly, Dennis Festa, Shawn Rice.

Patricia Wines
Mary Krafcik

INFORMATION PROVIDED BY ST. MARK PARISH NURSES:

12/27/2021

Governor Lamont Announces Plans To Distribute Three Million COVID-19 At-Home Rapid Tests and Six Million N95 Masks in Connecticut
Distribution of One Million Self-Tests Will Begin This Week, and an Additional Two Million Self-Tests Will Be Distributed to K-12 Schools Beginning in January

(HARTFORD, CT) – Governor Ned Lamont today announced plans to distribute three million COVID-19 at-home rapid tests and six million N95 masks in Connecticut in an effort to help curb the spread of COVID-19 during this heavy travel and holiday season. The first allocation will include the distribution of 500,000 iHealth kits – each containing two tests for a total of one million tests – that will be designated for the general public. Distribution of these kits is scheduled to begin on Thursday, December 30, 2021, and is expected to run through the following week. The Connecticut Department of Public Health, Connecticut Division of Emergency Management and Homeland Security, and Connecticut National Guard will oversee the distribution of the kits, with support from regional and local emergency management teams. This initiative also will include the distribution of N95 masks. State officials stress that details of the distribution of the kits and N95 masks are still being finalized and are subject to change this week. In addition to those designated for the general public, the state has purchased another one million iHealth kits – each containing two tests for a total of two million tests – that will be distributed to K-12 schools statewide. Distribution of those kits, which will also include a supply of N95 masks, will begin in January and continue through the school year as supplies last. Planning for this initiative is being conducted in partnership with the Connecticut State Department of Education. More details on the distribution of tests for schools will be announced in early January. The total cost of the three million tests is approximately \$18.5 million and will be funded through federal funds. “Connecticut is currently experiencing another surge in COVID-19 cases that is being driven mostly by the highly transmissible Omicron variant,” **Governor Lamont said.** “As a result, the demand for tests has outpaced the supply of testing available through our statewide network of about 400 sites. The week between Christmas and New Year’s Day is likely to be a period of high transmission, and we have to get 2022 off to a good start by helping residents identify COVID-19 quickly and take those steps to isolate appropriately to curb any further spread.” The governor added that the addition of these at-home tests will immediately expand the number of tests available in Connecticut in a very short period. Last week, about 250,000 tests were reported to the Connecticut Department of Public Health. “There are three simple and effective interventions to fight off the current surge of COVID-19 from the Omicron variant – vaccination, masking, and testing,” **Connecticut Public Health Commissioner Dr. Manisha Juthani said.** “We will be distributing two of these – masks and tests – so that our communities can work as quickly as possible to get past this surge. I strongly encourage people to limit gathering sizes during this holiday week. Because of the scarcity of these kits, I am asking the residents of our state to please take only the kits that you need for your immediate family so that we can distribute as many as possible to help flatten the Omicron curve. Per the CDC recommendations, if your self-test yields a positive result, please stay home or isolate for 10 days and wear a mask. There is no need to obtain a follow up PCR test. Given the highly infectious nature of the Omicron variant, it is most important to wear any mask both in public spaces and when interacting in close contact with individuals outside of your household, but an N95 mask will provide better protection. We are distributing enough N95 masks for any Connecticut resident that would like one.” The U.S. Centers for Disease Control and Prevention has granted emergency use authorization for the iHealth COVID-19 antigen rapid test, which is completed with an anterior nasal swab and is not the deep nasal test. The complete instructions for the at-home rapid test are available on the iHealth packaging in English and Spanish. Results are usually available in 15 minutes. More information on the iHealth antigen home test kits is available at ihealthlabs.com. “Residents who have not been vaccinated should get their COVID-19 vaccine now and can do so by visiting ct.gov/covidvaccine,” **Commissioner Juthani said.** “For all vaccinated people 16 and older that are eligible for a booster, please get one as soon as possible. For all school-age children 5 and older that are not vaccinated yet, please use this school break to get vaccinated. Vaccination saves lives and keeps people who get COVID out of the hospital.” The Connecticut Department of Public Health is in the process of adding 7 more community testing sites to its current roster of 23 state-sponsored sites. Information on the approximately 400 COVID-19 testing sites currently operating in Connecticut is available by calling 2-1-1 or visiting 211CT.org.
Twitter: [@GovNedLamont](https://twitter.com/GovNedLamont) Facebook: [Office of Governor Ned Lamont](https://www.facebook.com/OfficeofGovernorNedLamont)

<https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html>

CDC Updates and Shortens Recommended Isolation and Quarantine Period for General Population

Media Statement

For Immediate Release: Monday, December 27, 2021

Contact: [Media Relations](mailto:MediaRelations@cdc.gov) (404) 639-3286

Given what we currently know about COVID-19 and the Omicron variant, CDC is shortening the recommended time for isolation from 10 days for people with COVID-19 to 5 days, if asymptomatic, followed by 5 days of wearing a mask when around others. The change is motivated by science demonstrating that the majority of SARS-CoV-2 transmission occurs early in the course of illness, generally in the 1-2 days prior to onset of symptoms and the 2-3 days after. Therefore, people who test positive should isolate for 5 days and, if asymptomatic at that time, they may leave isolation if they can continue to mask for 5 days to minimize the risk of infecting others. Additionally, CDC is updating the recommended quarantine period for those [exposed to COVID-19](#). For people who are unvaccinated or are more than six months out from their second mRNA dose (or more than 2 months after the J&J vaccine) and not yet boosted, CDC now recommends quarantine for 5 days followed by strict mask use for an additional 5 days. Alternatively, if a 5-day quarantine is not feasible, it is imperative that an exposed person [wear a well-fitting mask](#) at all times when around others for 10 days after exposure. Individuals who have received their booster shot do not need to quarantine following an exposure, but should wear a mask for 10 days after the exposure. For all those exposed, best practice would also include a test for SARS-CoV-2 at day 5 after exposure. If symptoms occur, individuals should immediately quarantine until a negative test confirms symptoms are not attributable to COVID-19. Isolation relates to behavior after a confirmed infection. Isolation for 5 days followed by wearing a well-fitting mask will minimize the risk of spreading the virus to others. Quarantine refers to the time following exposure to the virus or close contact with someone known to have COVID-19. Both updates come as the Omicron variant continues to spread throughout the U.S. and reflects the current science on when and for how long a person is maximally infectious. Data from South Africa and the United Kingdom demonstrate that vaccine effectiveness against infection for two doses of an mRNA vaccine is approximately 35%. A COVID-19 vaccine booster dose restores vaccine effectiveness against infection to 75%. COVID-19 vaccination decreases the risk of severe disease, hospitalization, and death from COVID-19. CDC strongly encourages COVID-19 vaccination for everyone 5 and older and boosters for everyone 16 and older. Vaccination is the best way to protect yourself and reduce the impact of COVID-19 on our communities.

Serving Stratford's Seniors

KURT M. AHLBERG CARL A. GLAD

Attorney At Law Attorney At Law

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