
FOR IMMEDIATE RELEASE

Tri-County Health Care administers first round of COVID-19 vaccines

WADENA, Minn. – Dec. 22, 2020 – Tri-County Health Care received its first shipment of the COVID-19 vaccine on Monday, Dec. 21. The vaccine is first offered to frontline staff with plans to provide the vaccine to all employees as more doses arrive. 150 doses were available in the first shipment. The distribution of the vaccine is in the early stages. It is not known when it will be available to the general public.

Excitement filled Tri-County Health Care’s halls with the vaccine signaling a possible end to the COVID-19 pandemic. Rachel Redig, M.D. was the first to receive the vaccine after signing a release waiver. The first vaccine was administered while members of the media flashed pictures of the historic event. This vaccine was the first of two doses. Dr. Redig and the other staff vaccinated will receive their second dose in 21 days. Julie Stevens, RN, and Abbey Truh, RN also got the vaccine during the first session. Standard guidelines require a 15-minute post-observation period to monitor for any side effects.

“I chose to get the vaccine mostly for my family and the people I’m around, including my patients,” said Dr. Redig after getting the shot. Dr. Redig is the Emergency Director at Tri-County Health Care and has personally seen the impact of the pandemic on the healthcare industry. She explained how difficult it has been to send patients to higher levels of care. “It’s scary knowing you can’t get your patients what they need in this day and age,” said Dr. Redig.

Stevens sat calmly after receiving the vaccine. She had no noticeable symptoms or complaints. Like many other nurses working in emergency departments across the country, Stevens simply wants the pandemic to end. “I miss sprained ankles and non-COVID patients,” exclaimed Stevens when asked about her day-to-day duties.

Truh started working at Tri-County Health Care in the clinic shortly after the pandemic began. She openly recommended that everyone capable of receiving the vaccine should opt-in when the opportunity arises. She supports this vaccine because it is the best solution for eradicating the disease.

The Pfizer vaccine was used in this first round. Acquiring the vaccine does require a great deal of planning and collaboration. The first round of doses was picked up from the regional distribution site that is equipped with ultra-cold freezers. The vaccine was then taken to Tri-County Health Care in Wadena, where it was thawed and prepared for administration. The vaccine vials are stable for five days in the freezer and this first round will be entirely used within two to three days. Tri-County Health Care follows strict guidelines provided by Pfizer and the Minnesota Department of Health.



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Tri-County Health Care is following recommended guidelines for vaccine distribution. Frontline workers receive the vaccine first, then the elderly and individuals with compromised immune systems. After that, plans are in the works for general public distribution. People planning to get the vaccine should anticipate a typical immune system response that may include a fever as well as soreness at the injection site. These symptoms usually only last up to 48 hours.

Tri-County Health Care continues to provide updates on the progress of vaccine distribution. For regular updates, visit TCHC.org/COVID19 or follow Tri-County Health Care on Facebook.

ABOUT TRI-COUNTY HEALTH CARE

Tri-County Health Care is a private, not-for-profit health care system based in Wadena, Minnesota. It offers care services such as primary health, surgery, cancer care, diagnostic imaging, obstetrics, orthopedics and rehabilitation. Tri-County Health Care operates a hospital and medical clinic in Wadena, and serves the counties of Wadena, Todd and Otter Tail through five satellite clinics and two physical therapy clinics in Bertha, Henning, Ottertail, Sebeka and Verndale. Visit TCHC.org.

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