

Town of Middlebury  
Emergency Management Bulletin  
February 18, 2021

Today's bulletin is the weekly status update. We provide these figures so that you can get a sense of how things are going week by week in our region.

**COVID- New England and New York**

Vermont and New Hampshire had very slight increases in new cases from the prior week; the other states had substantial decreases. The difference from the prior week is in parenthesis:

CT: 6,503 (-3282); MA: 12,929 (-4,462); ME: 1,139 (-531); NH: 2,518 (+77); NY: 56,088 (-4,746); RI: 2,683 (-465); VT: 874 (+50).

Aggregate Cases since March, 2020: CT: 271,000 with 7,476 deaths; MA: 562,000 with 15,623 deaths; ME: 42,872 with 654 deaths; NH: 71,965 with 1,148 deaths; RI: 122,000 with 2,352 deaths; Vermont: 13,996 cases with 191 deaths.

**Vaccine Appointment Update**

More than 20,600 of the 33,200 Vermonters who are age 70-74 have now made vaccination appointments through the state's registration system, since eligibility was expanded to that age group on Tuesday.

People who are age 70 and older can go online to [healthvermont.gov/MyVaccine](https://healthvermont.gov/MyVaccine) to make an appointment, either at a VDH site or one of the pharmacies –Walgreens or Kinney Drug. Vaccination sites through the Health Department or with pharmacy partners are available around the state, and people can choose a nearby location when making their appointment.

There are enough appointments available at sites throughout Vermont for everyone who is eligible.

Anyone who is unable to make their appointment online, or who needs to speak with someone in a language other than English can call 855-722-7878. The call center is open Monday to Friday 8:15 a.m. – 5:30 p.m. and Saturday and Sunday 10:00 a.m. – 3:00 p.m.

Remember, if you are in the 75+ age band, and haven't yet made an appointment for a vaccine, you can, and always will, be able to make an appointment regardless of which group is up.

**Don't Fear The Shot Reaction**

A tip – don't schedule anything for yourself on the day of and day after the shot. Be prepared to just rest. Not everyone gets a reaction to the shot, especially the 2<sup>nd</sup> shot, but many will. Reactions can range from a sore arm to unpleasant sensations including body aches, malaise, headaches, and flu-like sensations. This is normal. Your immune system is going into high-gear. Call your health care provider if things are getting out of hand. These sensations will normally dissipate after a day. But don't let concerns over the reaction keep you from getting the vaccination. Getting infected with COVID is far more unpleasant, longer lasting, and can even be fatal. And while you won't get a dinosaur sticker or lollipop after your shot, you will get a COVID vaccination certification card that you can laminate and

keep with you. The nurses and techs administering the shot are professionals- empathetic, encouraging, and sincere and can help you with any questions you may have.

And remember- you still need to mask up, and it will take about 2 weeks post 2<sup>nd</sup> shot to achieve immunity.