Town of Middlebury
Emergency Management Bulletin
March 18, 2021

Regional COVID Numbers

With the entire region vaccinating those at high risk of death (65+) and those with certain co-morbidities, we are still experiencing case increases over the region. With the Vermont median age of 32 for COVID infections, it is becoming clear that our younger age segment (under 40) may be driving the increase. Here are the weekly numbers in the northeast from Tuesday-Tuesday with the difference from the prior week in parenthesis:

CT: 5,810 (+793); MA: 9,657 (+343); ME: 1,134 (-29); NH: 1,818 (+369); NY: 47,277 (-2,713); RI: 2,473 (+45); VT: 736 (-61).

Addison County is still averaging about 7 new cases reported every day, with Middlebury having 5 new cases in the past week. Three of these may be attributed to on-going testing at the college which has identified 3 new cases among staff and students, all of which are under control.

Statewide for the past 30 days Vermont has averaged a little over 100 new infections a day, in that time 24 people have died.

Don't be calmed by the numbers vaccinated so far and those who have recovered from COVID (14,500 in Vermont). Having the virus once doesn't guarantee immunity, and the long term efficacy of the vaccinations is still uncertain. Too many unknowns to get lackadaisical with safety protocols. The young and healthy may get mild symptoms, if any at all. But it's not always about you. You don't want to be a vector to others who may get seriously ill. All you have to do is look at examples in the recent college basketball playoffs; look at area sports where entire teams are eliminated from playoffs due to COVID positives within a team or staff. Over half of the current outbreaks being monitored by epidemiology are in work places and schools or school-related environments.

The far more transmissible U.K. variant of COVID is in Vermont and spreading easily to those not vaccinated.

Vaccination Update

To date 156,000 Vermonters have received their first COVID shot, of these 84,700 have completed the shot series. About 1/3 of the educators in the state have been vaccinated. At this time, Vermont is administering about 5,000 vaccinations a day.

From VDH: If You Have Any Symptoms, Stay Home and Get Tested For COVID-19

The COVID-19 virus is still circulating in our communities, and the <u>only</u> way to know if you have it is to get tested.

Remember that symptoms can sometimes be mild, such as a headache, cough, fatigue or a runny nose. So, if you have even just one of these symptoms, it's best to get tested. It's also important to avoid going to work, school or other places until you receive a negative result. COVID-19 is a highly transmissible virus, and this is how we can each protect our loved ones and our communities.

If you have symptoms, talk to your health care provider. They can refer you for testing.

Testing is also important even if you don't have symptoms, since you can still have COVID-19 and not feel sick.

If you don't have symptoms and want to get tested, there are many test sites now available around the state. It's free and easy! Watch a video about what to expect.
https://www.healthvermont.gov/covid-19/testing/what-expect