

Town of Middlebury
Emergency Management Bulletin
April 13, 2021

In order to relay this important information without delay, we're sharing this unedited, un-supplemented *Vermont Department of Health Daily Update*.

Vermont follows federal recommendation to pause use of Johnson & Johnson vaccine

State officials announced Tuesday that — based on the recommendation of the Centers for Disease Control and the Food & Drug Administration — Vermont has paused the use of the Johnson & Johnson vaccine after six reports across the U.S. of an extremely rare adverse reaction to the vaccine.

All Johnson & Johnson COVID-19 vaccine appointments scheduled for Tuesday were cancelled. Vermonters who are scheduled for appointments through Friday can be rescheduled at a later date. All two-dose (Pfizer and Moderna) vaccine appointments will continue as previously scheduled.

Of the 6.8 million individuals who have received the Johnson & Johnson vaccine nationally, six people have developed a rare and severe type of blood clot called cerebral venous sinus thrombosis (CVST) within two weeks of receiving their vaccine. All six cases occurred among women between the ages of 18 and 48.

“We understand this news may be unsettling, but people should not be alarmed about overall vaccine safety, and hopefully the pause will be brief,” said Health Commissioner Mark Levine, MD. “The extreme caution being taken in this case by the CDC and FDA is entirely consistent with their and Vermont’s commitment to vaccine safety and transparency every step of the way.”

This pause was necessary to give the FDA, CDC and states time to give health care providers the information needed about the potential blood clotting symptoms to look for (severe headache, leg pain, shortness of breath) after vaccination, and of the appropriate medical treatment.

The federal government is reviewing the data over the course of the next few days and will make additional recommendations.

Although these side effects are extremely rare, the FDA and CDC recommend that people who have received the Johnson & Johnson vaccine in the past month who develop severe headache, abdominal pain, leg pain, or shortness of breath within three weeks after vaccination should contact their health care provider. These symptoms do not occur immediately after vaccination.

[Read the press release.](#)

Prevent the spread of COVID-19. Get tested.

With variants of the COVID-19 virus circulating throughout the state, following basic prevention steps is more important than ever. You can protect yourself and your community by getting 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.

Even if you don't have symptoms, 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.

New on healthvermont.gov

The rate of COVID-19 among people 70 and older is nearly three times less in March 2021 than it was in December 2020. Learn more about how the rate of COVID-19 by age has changed over time in the latest Weekly Data Summary Spotlight.