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February 26, 2021

Vaccination to expand on March 1 to people age 65 and older

Beginning on March 1, Vermonters age 65 and older will be able to make their appointments to receive the COVID-19 vaccine.

You can make an appointment online at healthvermont.gov/MyVaccine starting at 8:15 a.m. on March 1. Anyone who is unable to make their appointment online, needs help, or who wants to speak with someone in a language other than English can call 855-722-7878.

If you are in the 65-69 age group, please do not call to make an appointment until March 1.

New users will first be asked to create an account, then they can select a place, date and time to get vaccinated. People who already have an account because they were tested through a Health Department site, will use the same account to make their vaccination appointment.

Get a head start on the process now by creating your account in the Health Department's online system. That way, it'll be smooth sailing when it's your turn to make an appointment for your first dose.

Visit HealthVermont.gov/MyVaccine to get started and find more on:

- How to create an account and appointment for yourself
- How to add a dependent or spouse to your account
- Information you need to make an appointment
- Answers to commonly asked questions
- Current vaccine eligibility and time estimates for upcoming priority groups.

Anyone who has previously been eligible to receive a vaccine continues to be eligible and can make their appointments now.

Create an account

Vermont youth struggling without supports of in-person learning, officials say

Governor Phil Scott said at Friday's press conference that despite all the efforts that have gone into adjusting to remote and hybrid learning during the pandemic — it's not enough.

"As a result, our kids are not OK, and I know that's not acceptable to any of us," he said.

Many kids are struggling seriously enough to end up in emergency departments, he said. In addition, kids are reporting more anxiety, stress, sleeplessness and substance misuse.

"This is not a reflection of the hard work and commitment by our educators," Gov. Scott said. "But it is evidence that even the very best remote learning experience doesn't compare to the value and benefits of in-person education."

Mental Health Commissioner Sarah Squirrell said a lack of in-person instruction means students miss out on social interaction and personal connection, a sense of safety, and the structure and routine.

She also noted the toll taken on Vermont's most vulnerable children — including those with disabilities, special health needs, those without internet access, English language learners and more.

With this data, the advent of vaccines and a return to warmer weather, Education Secretary Dan French said we can anticipate the conditions in our communities will start to improve significantly. He outlined the education system's plans for recovery, as we build momentum toward full in-person learning this spring.

In an update about the COVID-19 vaccine, Gov. Scott also said that with increased supply, "I'm open to adjusting our strategy after we protect those at greatest risk of death." Vermonters can expect some additions to our vaccine strategy sometime next week, he said.

Find more COVID-19 information for families with children

New travel and gatherings guidance for fully vaccinated people

Under Vermont's updated guidance, people who are fully vaccinated may now:

- Gather with one other household at a time.
- Travel to Vermont and return from out-of-state travel without quarantine restrictions.

"Fully vaccinated" means 14 days have passed since your second dose of Pfizer or Moderna vaccines.

These changes come following updates to [CDC guidance](#) (under "Public health recommendations for vaccinated persons") that fully vaccinated people who meet the criteria will no longer be required to quarantine following exposure to someone with COVID-19. However, vaccinated inpatients and residents in health care settings will still need to quarantine if they are a close contact of someone with COVID-19.

Wondering if you need to quarantine under new guidelines? Use this [new chart](#) to find out!

Get more information in our Frequently Asked Questions

Slow the spread of COVID-19 — Get tested!

As the state moves forward with its vaccination program, it continues to be equally important that people know if they have the virus – and the only way to know is to be tested.

Visit healthvermont.gov/testing to find a nearby test site. You can make an appointment or just walk in!

Knowing if you carry the virus means you can act to protect yourself, your loved ones and your community from COVID-19. If you got together with anyone outside your household, think you might have been exposed to the virus, or have any symptoms (no matter how mild) — get tested!

There are more than enough testing supplies and opportunities throughout the state. Testing is free to all, and many sites now let you [take your own sample](#) using a short swab in your nose.

If you're a close contact of someone with COVID-19, you can use [this timeline](#) to help guide when to get tested.

If you have [symptoms](#) of COVID-19, please contact your health care provider so they can refer you for testing. If you don't have a provider, you can call 2-1-1.

Find testing near you

Additional resources about vaccination & more

- Find answers to your questions about the COVID-19 vaccine from the CDC: www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html.
- Find information sheets, posters and toolkits, and translated materials on our [Resources web page](#).
- COVID-19 Vaccine Dashboard: healthvermont.gov/covid19-vaccine-data.
- Get Vermont-specific information in our [Frequently Asked Questions](#). New questions added this week include:
 - Why do I need two doses of the vaccine?
 - I am fully vaccinated. Do I need to quarantine if I travel to or return to Vermont?

See all the FAQs

Take care of your emotional and mental health

If you or someone you know is in crisis or needs emotional support, help is available 24/7:

- Call your [local mental health crisis line](#).

- Text VT to 741741 to talk with someone at the [Crisis Text Line](#).
- Call the [National Suicide Prevention Lifeline](#) at 1-800-273-8255. For more info, visit healthvermont.gov/suicide.
- Get connected to Alcohol and Drug Support Services at [VT Helplink](#).
- Get self-help tips and connect to mental health services at [COVID Support VT](#).

Read more on coping with stress

New on healthvermont.gov

One in 7 cases of COVID-19 are among Black, Indigenous and people of color (BIPOC). Rates of COVID-19 are two times higher for BIPOC compared with white non-Hispanic residents. View our latest [Weekly Data Summary Spotlight](#) to learn more about the 1,742 Vermont resident cases who are Asian, African American or Black, American Indian or Alaskan Native, Hispanic or race other than white.

As of 12 p.m. on Friday, February 26, 2021:
97,582 Vermonters have received a least one dose of the COVID-19 vaccine. See the latest vaccine data on the [COVID-19 Dashboard](#).



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