



June 25, 2021

## **CDC advisory committee says benefits of COVID-19 vaccination outweigh the risks, after review of heart problems in younger people**

The CDC Advisory Committee on Immunization Practices (ACIP) met Wednesday to discuss the latest data on reports of mild cases of inflammation of the heart muscle and surrounding tissue called myocarditis and pericarditis following COVID-19 vaccination among younger people.

The panel of experts said this is an extremely rare side effect, and only an exceedingly small number of people will experience it after vaccination, according to [a statement from the nation's leading doctors, nurses and public health leaders](#).

Importantly, for the young people who do, most cases are mild, and they can recover often on their own or with minimal treatment. In addition, we know that myocarditis and pericarditis are much more common if you get COVID-19, and the risks to the heart from COVID-19 infection can be more severe, the statement said.

Health Commissioner Mark Levine, MD, said the committee's findings underline the need for younger people to get vaccinated.

"Getting COVID-19 puts you at far more risk of heart problems, in addition to many other health risks," Dr. Levine said. "This is why it's so important to protect yourself, and your family, by getting vaccinated. And with more dangerous variants of the virus circulating, now is the time to do it. Overwhelmingly, the new cases of COVID in this country related to the Delta variant are in unvaccinated people."

[Read the statement](#)

## **Don't let virus variants threaten our progress — get vaccinated!**

Health Commissioner Mark Levine, MD, noted Tuesday that even with low levels of COVID in Vermont, the virus still has the potential to change — and to threaten the health — of those who are not yet vaccinated.

Public health experts now believe the Delta variant will likely become predominant in the U.S. within weeks, Dr. Levine said. The variant is showing traits of being far more contagious and may potentially result in more serious illness.

“The parts of the country where vaccination rates are much lower are expected to have significant outbreaks, and we are already seeing early signs of that,” Dr. Levine said. “But luckily there is good news for us here in Vermont. The vaccine is effective and our best defense against this, and other, variants. Because of our state’s high vaccination rate, we will be largely protected.”

“But we still need as many Vermonters as possible to protect themselves — and those around them — who can’t yet get the vaccine. All you need to do is get vaccinated,” Dr. Levine said.

He asked Vermonters to reach out to anyone they know who isn’t vaccinated.

“Encourage them to talk to a health care provider or help them find their own personal reason to get vaccinated,” Dr. Levine said. “These conversations aren’t always easy, but listening and being empathetic and non-judgmental can go a long way. And then helping provide information to address their concerns or questions.”

You can also help make vaccination happen for them, like finding a site, or offering transportation or childcare.

[Get more tips](#)

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## **Vaccination clinics are still going strong — find one near you!**

Human Services Secretary Mike Smith announced dozens of vaccination clinics are planned this week throughout Vermont. People can visit [healthvermont.gov/MyVaccine](https://healthvermont.gov/MyVaccine) to find one of the many nearby, fast and free vaccination opportunities available.

In addition, most pharmacies are offering walk-in vaccinations. Ask your local pharmacist or simply walk into a CVS, Hannaford Food and Drug, Walmart, Walgreens, Price Chopper/Market 32, Rite Aid, Shaw's Supermarket, or Costco.

New vaccination options are being added regularly, so keep checking back. It's easy to find one that fits your schedule and preferences.

[Find a vaccine location near you](#)

New on [healthvermont.gov](https://healthvermont.gov)

#### **Vermont Vaccination Data**

Find Health Department vaccine data, including vaccination rates by county, age, sex, race and ethnicity, at the [COVID-19 Vaccine Dashboard](#).

Data is updated Tuesdays through Saturdays.

Visit [COVID-19 Current Activity](#) for up-to-date information on COVID-19 positive cases across Vermont.

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