



News from Franklin County Public Health

FOR IMMEDIATE RELEASE

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Notice to Public

January 22, 2021

COVID-19 Vaccine is in Limited Supply

According to a January 21st assessment by the North Country Regional Vaccine “Hub,” Franklin County residents are on par with or ahead of other regional county residents in the number of people who have received vaccine to date. This is great news! Doses have been administered so far by Adirondack Health, Alice Hyde, and Kinney Drugs. To date, Franklin County Health Department is awaiting their vaccine allotment, as are other health care providers in the county. NYSDOH has indicated that vaccine supply is limited, but the state sites established in Potsdam and Plattsburgh are continuing to book appointments—so if you are a Franklin County Resident who is able to make the trip to get the vaccine at this time, please do so! If not, there will be vaccine forthcoming and a county wide effort to ensure that everyone attains access to the vaccine as soon as possible. When vaccine is allocated from the state, NYSDOH will define who may receive it from the specific entity receiving the allotment. Recent guidance from NYSDOH directs local health departments to focus on vaccinating the essential worker population in Phase 1B. Go to

<https://coronavirus.health.ny.gov/system/files/documents/2021/01/covid19guidanceforfacilitiesreceivingvaccine1.19.211046.pdf>

for more on this guidance. Franklin County will continue to update residents on vaccine availability as the information becomes available.

Ongoing Community Spread

Franklin County Public Health is advising residents to remember that there is ongoing community spread of COVID-19. Some people who have the virus will not have symptoms, but still be able to spread to others. In cases where there are symptoms, spread is possible in the 48 hours before symptoms develop, and during the time a symptomatic person may be awaiting a test result. Spread occurs prior to the health department being notified of lab results, identifying confirmed cases, and issuing isolation and quarantine orders. This is why the health department requests that residents take precautions at all times, not just when known cases are identified. Please continue to wear a mask when you are out in public, maintain a physical distance from others of at least 6 feet, and wash your hands frequently. Avoid gathering with those outside of your household, and if you are sick, stay home and contact your health care provider for further guidance.

As a reminder, the symptoms of COVID can include any of the following: fever, cough, trouble breathing, muscle aches, tiredness, headache, sore throat, runny nose, loss of smell or taste, nausea, vomiting, or diarrhea. If you have any of these symptoms, please self-isolate and contact your health care provider to determine if you need a test or if there is another reason for your symptoms. If you think you may have come in contact with someone who has COVID symptoms, please self-quarantine until you know that person’s COVID status.



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CDC Guidance For Those Who Have Received COVID-19 Vaccine

After your first vaccine:

Register for VSafe at vsafe.cdc.gov. Use your smartphone to tell CDC about any side effects after getting the COVID-19 vaccine. You'll also get reminders for your second vaccine dose.

Side effects - COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects may affect your ability to do daily activities, but they should go away in a few days. You may experience pain and/or swelling on the arm where you got the shot. You may also experience fever, chills, tiredness, and/or headaches.

If you have pain or discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen. To reduce pain and discomfort where you got the shot: Apply a clean, cool, wet washcloth over the area, and use or exercise your arm. To reduce discomfort from fever: Drink plenty of fluids and dress lightly.

Get two shots - The currently authorized vaccines to prevent COVID-19 in the United States require 2 shots to get the most protection:

- [Pfizer-BioNTech](#) doses should be given 3 weeks (21 days) apart
- [Moderna](#) doses should be given 1 month (28 days) apart

You should **get your second shot as close to the recommended 3-week or 1-month interval as possible**. However, there is no maximum interval between the first and second doses for either vaccine. You should **not** get the second dose earlier than the recommended interval.

COVID-19 vaccines are ONE of many important tools to help us stop this pandemic.

It's important for everyone to continue using ALL the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Continue to cover your mouth and nose with a mask when around others, stay at least 6 feet away from others, avoid crowds, avoid poorly ventilated spaces, and wash your hands often.