



## 2-12-2021 EMERGENCY OPERATIONS CENTER (EOC) COVID-19 UPDATE

### Local Vaccination News

On 2-13-21, ICMS will be hosting the first of several vaccination clinics at Vinalhaven School. Saturday's clinic is for individuals in Phase 1b-1, which includes current ICMS patients of record who are 70 and older. Patients eligible for this clinic were notified by ICMS. If you would like to see if you are a patient of record or if you would like to be added to the ICMS vaccination list to be eligible for upcoming vaccination clinics, please contact **Anna Clapham (207) 863-4341 ex. 1126** or [aclapham@icmsvh.org](mailto:aclapham@icmsvh.org)

If you're able to travel off-island, vaccines are available at other facilities throughout the state. Visit [www.maine.gov/covid19/vaccines/vaccination-sites](http://www.maine.gov/covid19/vaccines/vaccination-sites) for more information. PenBay is also a vaccination site option for island residents. For more information call **1-877-780-7545** or visit [www.mainehealth.org/Coronavirus-COVID-19/Vaccine/FAQs](http://www.mainehealth.org/Coronavirus-COVID-19/Vaccine/FAQs)

### Vaccination Side Effects – Know What to Expect

Of those on-island who've received their second dose of the vaccine (first responders, fire, rescue, and healthcare workers, and Eldercare staff and patients), some have dealt with notable side effects. We are sharing the following information not to concern you or deter you in any way from getting the vaccine, but to help you plan appropriately, know what to expect, and avoid being alarmed should you experience any side effects.

First off, the side effects most people experience after their first dose of the vaccine are few to none. It is more common to experience symptoms after receiving the second dose. Remember that side effects are normal. They usually occur 2-12 hours after getting your shot and may affect your ability to do daily activities. They should go away in a few days.

Common vaccination side effects include flu-like symptoms, fever, chills, fatigue, nausea, pain and discomfort at immunization site, discomfort and decreased range of motion in the arm where the shot was given, and headache.

#### Helpful tips

If you have symptoms like fever, myalgias, etc., talk to your health care provider about taking an over-the-counter medicine such as Tylenol or motrin. Pre-medicating before getting the vaccine is not recommended. 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.

#### When to call the doctor

In most cases, discomfort from fever or pain is normal. Contact your doctor or healthcare provider if

- the redness or tenderness where you got the shot increases after 24 hours
- you have a fever over 100.5 that lasts for more than 48 hours
- your side effects do not seem to be going away after a few days

If you get a COVID-19 vaccine and you think you might be having a severe allergic reaction after leaving the vaccination site, seek immediate medical care by calling 911.

#### What happens after I get my first shot?

With most COVID-19 vaccines, you will need 2 shots in order for them to work. Get your second shot even if you have side effects after the first shot, unless a vaccination provider or your doctor tells you not to get a second shot.

It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require 2 shots may not protect you until a week or two after your second shot. 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. Cover your mouth and nose with a mask when around others, stay at least 6 feet away from others, avoid crowds, and wash your hands often.

### Tip of the Week

**Same as last week – it's worth repeating! Use Maine's Vaccination website!** It includes vaccination FAQs, descriptions of Maine's Vaccination Plan Phases and a new Vaccination Dashboard  
[www.maine.gov/covid19/vaccines](http://www.maine.gov/covid19/vaccines)

### Vinalhaven Case Info

March 2020 – February 12, 2021

Known Active Confirmed Positive – 0  
Total Known Confirmed Positive – 6  
Total Recovered – 6  
For state and county data, go to [knox-hub-knoxme.hub.arcgis.com](http://knox-hub-knoxme.hub.arcgis.com)