



WILTON HEALTH OFFICER UPDATE ON COVID-19

April 2, 2021

COVID-19 virus in Wilton and the 10 things the fully vaccinated need to know

We are seeing an increase in cases in our community.....an active case is one that is currently sick or is in isolation due to COVID-19. As of the date of this report, Wilton has 9 active cases and has experienced 179 cases since the pandemic began. In the month of March Wilton reported 28 positive Coronavirus cases.

Spring has sprung and many residents are already feeling their spring allergies. However, allergy symptoms often overlap with symptoms of COVID-19 and it can be difficult to differentiate between the two.

As New Hampshire loosens restrictions, schools continue to open and sports tournaments continue, there has been an increase in transmission of the COVID-19 virus. We ask that you take every symptom seriously and do not assume it is just allergies.

Here is what you should and should not do post-vaccination according to health experts. Before you toss away your mask and throw a party it is important to remember that the coronavirus is still spreading.

1. You still need to wear a mask

As more contagious variants have emerged, wearing a mask and social distancing are still important in slowing the spread of the virus until herd immunity is reached.

2. You could still catch COVID-19

While all three vaccines were found to be highly effective against severe disease and death, there is still a chance you could get infected with the virus.

3. You could infect someone else

There is a small chance that you may get infected with the virus and not realize it and then you could transmit it to someone who is not vaccinated.

4. You can visit family and friends

Fully vaccinated people can gather indoors with others who are also fully vaccinated without wearing masks or physical distancing if you so choose. Also those fully vaccinated can visit with unvaccinated children and grandchildren.

5. You do not have to quarantine after exposure

You do not have to quarantine or get tested after an exposure to someone with the virus as long as you are not experiencing any symptoms. If you develop a cough, fever or shortness of breath you should get tested.

6. You should keep your vaccine record card handy

In the future you may need proof of vaccination for travel purposes.

7. Travel is still discouraged

Even though the number of airline passengers is on the rise, the CDC continues to recommend against travel even for those who have been fully vaccinated.

8. Visits to the Doctor and Dentist

Countless people put their health care on hold during the pandemic, so now that you are fully vaccinated it is time to schedule that elective surgery. The only screening the CDC recommends putting off for a few weeks after vaccination is a mammogram.

9. You may need a booster shot

Health experts say that you might require a booster shot if our immunity wears off naturally, and chances are we will have to get some kind of COVID-19 shot on a regular basis as we do with the flu vaccine.

10. A return to normal hinges on herd immunity

Before life can get totally back to normal we need to reach herd immunity when enough of us are vaccinated to significantly slow the spread of the virus. Health experts indicate this could be around the summer of 2022; however the wild card is the variants.

Respectfully submitted,

Paul Branscombe
Health Officer