CORONAVIRUS DISEASE 2019
(COVID-19)

CDC.gov/COVID-19

March 1, 2021

This message includes updates on the COVID-19 response from CDC. The COVID-19 Outbreak is a rapidly evolving situation and information will be updated as it becomes available.

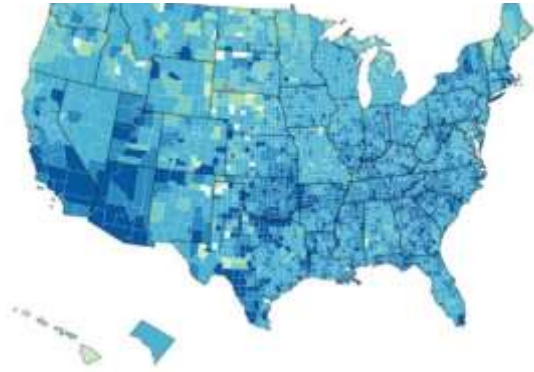## What Older Adults Need to Know about COVID-19 Vaccines

The risk of severe illness from COVID-19 increases with age. This is why CDC recommends that adults 65 years and older are one of the first groups to receive COVID-19 vaccines. You can help protect yourself and the people around you by getting the vaccine when it is available. Studies show that COVID-19 vaccines are safe and effective in preventing severe illness from COVID-19. To get a COVID-19 vaccine

- Contact your state or local health department for more information.

- Ask a family member or friend to help with scheduling an appointment.
- Ask your doctor, pharmacist, or community health center if they plan to provide vaccines and ask them to let you know when vaccines are available.

Even after getting the COVID-19 vaccine, you should still wear a well-fitting mask that covers your nose and mouth when around others, stay at least 6 feet away from others, avoid crowds and poorly ventilated spaces, and wash your hands often.

COVID-19 Vaccines

COVID Data Tracker's "Your Community" Resource

Understanding how COVID-19 is impacting your county can help you take steps to protect yourself and your loved ones. "Your Community" on CDC's COVID Data Tracker allows you to explore your county's data, including cases, deaths, testing, and hospital admissions.

COVID-19 Impact

Ventilation in Schools and Childcare Programs

Ventilation is one component of maintaining healthy environments, and is an important COVID-19 prevention strategy for schools and childcare programs. To improve ventilation in schools or childcare programs

- Bring in as much outdoor air as possible.

- Ensure Heating, Ventilation, and Air Conditioning (HVAC) settings are maximizing ventilation.
- Filter and/or clean the air in your school or childcare program.
- Use exhaust fans in restrooms and kitchens.
- Open windows in transportation vehicles.
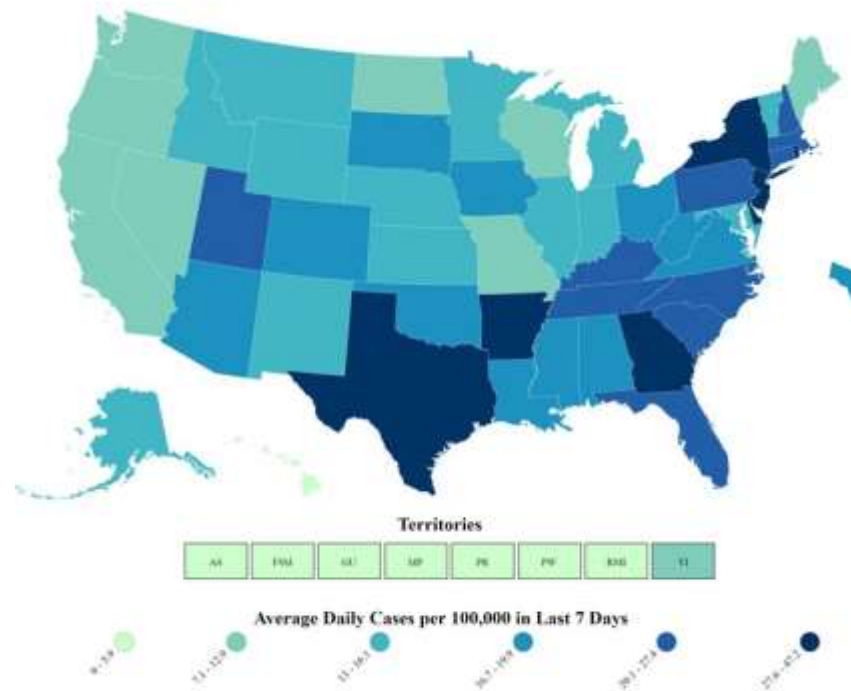
Ventilation Childcare

Coronavirus Disease 2019 (COVID-19) in the U.S.

March 1, 2021

US states, territories, and District of Columbia have reported 28,405,925 cases of COVID-19 in the United States.

CDC provides updated U.S. case information online daily.

In addition to cases, deaths, and laboratory testing, CDC's COVID Data Tracker now has a Vaccinations tab to track distribution of COVID-19 vaccines in your state.

Territories

| AA | FSM | GU | MP | PR | PW | RMI | VI |

Average Daily Cases per 100,000 in Last 7 Days

0-5.9   5.1-13.0   13-16.1   16.1-19.9   20.1-27.4   27.4-47.3

U.S. Cases