

This information was compiled to supplement the presentation, "COVID-19 Update" presented by Dr. Wayne Teris and sponsored by Cornell Work/Life in Human Resources on January 26, 2021. Please visit the websites for the most up to date information about the coronavirus and vaccination.

#### **Centers for Disease Control and Prevention (CDC)**

- [Homepage](#)
- [Vaccine Safety](#)
- [Frequently Asked Questions](#)

#### **New York State (Hotline: 1-888-364-3065)**

- [Vaccine homepage](#)
- [COVID-19 Frequently Asked Questions](#)
- [COVID-19 Vaccine Tracker](#)
- [Phased Distribution](#)
- ["Am I Eligible?" Form](#)
- [NYSDOH COVID-19 Tracker](#)
- [Protect Yourself and Your Family from COVID-19](#)

#### **Cornell University Specific:**

- [COVID-19 Website](#)
- [University COVID-19 Data/Dashboard](#)

#### **Ithaca/Tompkins County:**

- [Vaccine Information](#)
- [Clinic Locations](#)

#### **Vaccine Information:**

- [Pfizer-BioNTech Vaccine Fact Sheet](#)
- [Moderna Fact Sheet](#)

#### **How is the vaccine being distributed?**

A committee of experts organized by the CDC called the [Advisory Committee on Immunization Practices \(ACIP\)](#) issued [guidance \(PDF\)](#) for how states should plan and deploy the COVID-19 vaccine within their jurisdictions. Each state will take into consideration the ACIP's guidance and interpret it in the context of their own local situation and what is best for their state. The ACIP has published recommendations for a phased rollout of the vaccine.

As of January 23, New York State has instructed Local Health Departments to prioritize administration of allocated COVID-19 vaccine doses to essential workers in phase 1b. Everyone eligible under Phase 1b may make an appointment at one of the NYS-operated vaccination sites ([info here](#)).

#### **Disclaimer:**

Information on this handout is provided as an information resource only and is not to be used or relied on for any diagnostic or treatment purposes. This information is intended to be patient education and should not be used as a substitute for professional diagnosis and treatment. Please consult your health care provider, or contact your physician, before making any healthcare decisions or for guidance about a specific medical condition.

Individuals age 65+ have been designated to get vaccinated at a local pharmacy ([info here](#)). Pharmacies in NYS are receiving only a limited supply of vaccine at this time. Please check directly with the pharmacy website to determine availability of appointments and sign up for alerts. A full list of [Tompkins County pharmacies](#) can be found on the Health Department's Vaccination website, but not all local pharmacies may be receiving the vaccine. Please contact the pharmacy with questions.

NYS Southern Tier Regional Covid-19 Vaccination Sites / UHS: <https://www.nyuhs.org/southerntiervax>  
Care Compass Network: <https://carecompassnetwork.org/>

**Websites and physicians (speaking publicly about COVID-19) recommended by Dr. Wayne Teris:**

- [Dear Pandemic](#) & [Resources from Dear Pandemic](#)
- [Your Local Epidemiologist](#)
- [You Need to Upgrade Your Mask Now – Here’s How](#)
- [COVID Act Now](#)
- Physician commentary
  - Dr. Michael Osterholm - ([The Osterholm Update](#))
  - Dr. Linsey Marr – Virginia Tech researcher ([Twitter](#))
  - Leana Wen, M.D. ([Twitter](#))

**Sources of COVID-19 Data:**

- [Johns Hopkins Coronavirus Resource Center](#)
- [NY Times Data Tracker](#)
- [Rt transmission tracker](#)
- [IHME COVID-19 projections](#)

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