



## Daily Update on Novel Coronavirus (COVID-19) December 10, 2020

New or updated information is in red and bold.

This update is available online at [healthvermont.gov/covid19](https://healthvermont.gov/covid19)  
Click the “See the Latest Update” button.

Please visit the Vermont Department of Health’s COVID-19 web and data pages  
[healthvermont.gov/covid19](https://healthvermont.gov/covid19)

### **On a Lighter Note**

As Hanukkah – the Jewish holiday also known as the Festival of Lights – begins tonight, take a moment to remember that there are brighter days ahead.

Governor Phil Scott has encouraged Vermonters to share photos of seasonal displays – or favorites from around the community – on social media using the hashtag #VTLightsTheWay.

He’s also asked Vermonters to share acts of kindness, selfless service and goodwill happening in our state.

“As our state continues to confront this once-in-a-century challenge, sometimes it’s the little things – those simple, random, everyday acts of kindness and goodwill – that can make all the difference,” Gov. Scott said.

Submit yours at this link: <https://governor.vermont.gov/rays-of-kindness>.

### **What You Need to Know Now**

As Health Commissioner Mark Levine, MD said earlier this week, we are in the very first stages of vaccine production and distribution to the states, and there will likely be a limited supply of vaccine early on. Meanwhile, cases of COVID-19 continue to increase in Vermont.

We all need to continue to do our part to prevent illness and spread of the virus in our communities. You can find the latest information, recommendations and resources from the Health Department at [healthvermont.gov/covid19](https://healthvermont.gov/covid19):

- Wear a mask and keep a 6-foot distance from anyone outside your household.

- Do not get together or socialize with anyone you don't live with (see more details [here](#)).
- Avoid traveling when possible, even within Vermont. Anyone who travels to or from Vermont must [quarantine](#). The only exception is for [essential travel](#).
- If you're sick, stay home.
- Even mild [symptoms](#) (like a headache or dry cough) could be signs of COVID-19. Talk to your health care provider about getting tested, and stay home while waiting for your result.
- Learn more about [who should get tested](#) and find a test site near you.

## Take Care of Your Emotional and Mental Health

If you or someone you know is in crisis or needs emotional support, help is available 24/7:

- Call your [local mental health crisis line](#).
- Text VT to 741741 to talk with someone at the [Crisis Text Line](#).
- Call the [National Suicide Prevention Lifeline](#) at 1-800-273-8255.
- For more information visit [healthvermont.gov/suicide](http://healthvermont.gov/suicide).
- Visit our [Coping With Stress](#) web page.
- Get connected to Alcohol and Drug Support Services at [VT Helplink](#).
- Get self-help tips and connect to mental health services at [COVID Support VT](#).

## Need to be connected to food resources?

One in three Vermonters are at risk for food insecurity, struggling to find help feeding their families.

If your financial situation has recently changed, you may now qualify for Vermont nutrition and food programs. They include: WIC program (Women, Infants and Children), 3SquaresVT/SNAP, and more. Newer programs such as Farmers to Families and Everyone Eats are helping to fill the gaps. All these programs can help keep healthy food on the table.

Contact the [Health Department](#), [Hunger Free Vermont](#), or call 2-1-1 for more information.

## New at healthvermont.gov

Outbreaks associated with social gatherings and events in October led to increases in cases throughout the state, and ultimately impacted our most vulnerable settings. Learn more in the latest [Weekly Data Summary Spotlight](#).

[The new map](#) of town-level COVID-19 activity shows the **rate of cases of COVID-19** among Vermont residents per 10,000 people, by town of residence during the past two weeks. This change offers a more current view of what's happening, on a rolling basis. The map also includes a table that shows cumulative town counts since March. The map and the table are updated weekly.

## Case Information

Current COVID-19 Activity in Vermont

As of 12 p.m. on December 10, 2020

Description	Number
New cases*	119 (5,413 total)
Currently hospitalized	22
Hospitalized in ICU	2
Hospitalized under investigation	1
Percent Positive (7-day average)	2.8%
People tested	238,510
Total tests	601,629
Total people recovered	3,226
Deaths+	89
Travelers monitored	178
Contacts monitored	165
People completed monitoring	11,325

\* Includes testing conducted at the Health Department Laboratory, commercial labs and other public health labs.

+ Death occurring in persons known to have COVID-19. Death certificate may be pending.

Hospitalization data is provided by the Vermont Healthcare Emergency Preparedness Coalition and is based on hospitals updating this information.

Find more data at: [healthvermont.gov/currentactivity](https://healthvermont.gov/currentactivity).

## Guidance for Vermonters and Businesses

- Health information, guidance and data: [healthvermont.gov/covid19](https://healthvermont.gov/covid19)
- Sector guidance: [accd.vermont.gov/covid-19](https://accd.vermont.gov/covid-19)
- Modeling: [dfr.vermont.gov/about-us/covid-19/modeling](https://dfr.vermont.gov/about-us/covid-19/modeling)
- Governor's actions: [governor.vermont.gov/covid19response](https://governor.vermont.gov/covid19response)

Get the information you need at our [Frequently Asked Questions](#).

## School & Child Care Guidance

- **Strong and Healthy Start:** [Safety and Health Guidance for Vermont Schools](#)
- **Mental Health:** [A Strong and Healthy Start: Social, Emotional and Mental Health Supports During COVID-19](#)

- Child care: [Health Guidance for Child Care and Out of School Care](#)

More resources on the [Your Community web page](#).

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**Media Contact:** [CV19media@vermont.gov](mailto:CV19media@vermont.gov)

Information for the public can be found at <https://healthvermont.gov/covid19>.