



## Daily Update on Novel Coronavirus (COVID-19) December 16, 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)

### **Questions about the COVID-19 vaccine?**

The COVID-19 vaccine is now here in Vermont, and hospitals have begun vaccinations.

If you’re looking for the latest information about who can get the vaccine now, where and when people will be vaccinated, visit [healthvermont.gov/covid19-vaccines](https://healthvermont.gov/covid19-vaccines). Check back often, as we update this web page with new information. And [sign up for our Weekly COVID-19 newsletter](#) to stay up to date.

While we wait for vaccine to become more widely available to Vermonters, we must keep up our prevention practices, including physical distancing, mask-wearing and handwashing. This is still the best protection from getting and spreading COVID-19.

### **COVID-19 Testing**

Testing is an important tool to help prevent the spread of COVID-19. The Health Department recommends testing as soon as possible when:

- you have symptoms of COVID-19
- you are referred by your health care provider
- a person in your workplace or household, or a person you attended an event with, tests positive for COVID-19
- you plan on going to a social gathering with people you don't live with. You should get tested before the gathering, right after, and again on day 7.

Learn more about testing and find a site near you at [healthvermont.gov/covid-19/testing](https://healthvermont.gov/covid-19/testing).

## New at [healthvermont.gov](http://healthvermont.gov)

Vermonters who are Black, Indigenous and people of color (BIPOC) represent 6% of the state's population but 18% of COVID-19 cases.

BIPOC Vermonters with COVID-19 have significantly higher hospitalization and chronic disease rates, relative to white non-Hispanic people with COVID-19.

[A new data brief](#) delves deeper into how BIPOC Vermonters have been disproportionately impacted by the pandemic, due to systemic and structural racism affecting the conditions in which people are born, grow, live, and work.

## Remember Your Flu Shot

The arrival of the COVID-19 vaccine was news we have all be waiting for. But we already have a vaccine to stop the other virus making its way through Vermont – and there's plenty of it.

This is the time to get your flu shot. It's especially important this year, for your own health, but also to help ensure that flu-related illness and hospitalizations don't overwhelm an already stressed health care system.

See where you can get your flu shot and find more information here: [healthvermont.gov/flu](http://healthvermont.gov/flu).

## Case Information

Current COVID-19 Activity in Vermont  
As of 12 p.m. on December 16, 2020

Description	Number
New cases*	73 (6,009 total)
Currently hospitalized	30
Hospitalized in ICU	6
Hospitalized under investigation	3
Percent Positive (7-day average)	2.1%
People tested	246,029
Total tests	628,360
Total people recovered	3,776
Deaths+	105
Travelers monitored	210
Contacts monitored	189
People completed monitoring	11,391

- \* 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](#).

### **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](https://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](#).

### **Food resources**

If your financial situation has recently changed, you may now qualify for Vermont nutrition and food programs, including 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. Contact the [Health Department](#), [Hunger Free Vermont](#), or call 2-1-1 for more information.

### **Find Opportunities to Support the COVID-19 Response**

Vermonters can now step up and help with the COVID-19 response in long-term care facilities and other areas. Visit [www.vermont.gov/covid-staffing](http://www.vermont.gov/covid-staffing) for more information.

### **Stay Informed with VT-ALERT**

Stay up to date on the latest COVID guidance and information by registering for Vermont Alert (VT-ALERT), the State's emergency notification system. Visit [www.vtalert.gov](http://www.vtalert.gov) and select the alerts they would like to receive (COVID information is listed under "Health Alerts"). Current subscribers can also update their notifications. Notifications are available via email, text, phone and the Everbridge mobile app.

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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>.