



Daily Update on Novel Coronavirus (COVID-19) December 23, 2020

New or updated information is in red and bold.

There will be no Daily Update on Dec. 24 or 25.

This update is available online at 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

Temporary change allows for gathering with single, trusted household for the holidays

Thanks to the hard work and sacrifices of many Vermonters, our COVID-19 numbers have leveled out for now.

- For the period from December 23 – January 2, one household may gather with one other trusted household. That is a maximum of two households gathering during this period.
- Staying home and with people you live with is still the lowest risk. Gathering with people you do not live with is not recommended for people who are at higher risk of serious illness from COVID-19 or people who care for them.
- If you do gather, the Health Department strongly encourages getting tested 7 days afterwards.
- If you gather with anyone from out of state, everyone in both households must quarantine for 14 days, or 7 days with a negative test.
- The travel policy has not changed. If you [travel outside of Vermont, you must follow quarantine requirements](#).

[Read the press release.](#)

COVID-19 Response Holiday Schedule

Many Health Department teams will be working through the upcoming holidays, including the laboratory staff, contact tracing and other critical response teams. We are grateful and appreciative for their hard work and dedication.

However, there will be some changes to the schedule of updates:

There will be no update to the [Vermont Dashboard](#) on Dec. 25 or Jan. 1. Updates will resume the following day.

The [map of cases by town](#) will be published on Dec. 24 (instead of Dec. 25) and Dec. 31 (instead of Jan. 1).

On Dec. 25 and Jan. 1, the following reports will not be published. They will next be published on Jan. 8.

- [Weekly Data Summary](#)
- [COVID-19 Cases in Vermont K-12 Learning Communities While Infectious](#)
- [Active Outbreaks in Long-term Care Facilities](#)

There will be no [Daily Update](#) on Dec. 24, 25 or Jan. 1.

Questions about the COVID-19 vaccine?

COVID-19 vaccination has begun in Vermont. If you're looking for the latest information about who can get the vaccine now, where and when people will be able to get vaccinated, visit healthvermont.gov/covid19-vaccines. Check back often, as we update this web page with new information.

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. Learn more about who should get tested and find a site near you at healthvermont.gov/covid-19/testing.

Case Information

Current COVID-19 Activity in Vermont
As of 12 p.m. on December 23, 2020

Description	Number
New cases*	73 (6,680 total)
Currently hospitalized	27
Hospitalized in ICU	7
Hospitalized under investigation	2

Percent Positive (7-day average)	2.1%
People tested	255,104
Total tests	663,684
Total people recovered	4,380
Deaths+	117
Travelers monitored	189
Contacts monitored	186
People completed monitoring	11,590

* 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.

Guidance for Vermonters and Businesses

- Health information, guidance and data: healthvermont.gov/covid19
- Sector guidance: accd.vermont.gov/covid-19
- Modeling: dfr.vermont.gov/about-us/covid-19/modeling
- Governor's actions: 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.
- 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) and 3SquaresVT/SNAP. 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 for more information.

Stay Informed with VT-ALERT

Stay up to date on the latest COVID guidance and information by visiting www.vtalert.gov and registering or updating your account. Select the alerts you would like to receive (COVID information is listed under “Health Alerts”). Notifications are available via email, text, phone and the Everbridge mobile app.

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Media Contact: CV19media@vermont.gov

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