



Daily Update on Novel Coronavirus (COVID-19) December 30, 2020

New or updated information is in red and bold

There will be no Daily Update on January 1.

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

COVID-19 Vaccine Dashboard

As of today, **11,157** Vermonters have received their first dose of the COVID-19 vaccine. You can now get information on the number of people who have been vaccinated and the total doses administered on the [COVID-19 Vaccine Dashboard](#). See data by county, age, race/ethnicity and sex. The dashboard is updated every Wednesday by noon and will continue to undergo enhancements as more information becomes available. Read the notes below the dashboard to learn more.

If you’re looking for more information about vaccines in Vermont, 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. These are still the best protections from getting and spreading COVID-19.

Temporary change allows for gathering with single, trusted household through New Years

It is too early to know if we will see any increase in cases following the holidays, but current data projections look favorable. The more people who followed the guidance for travel and limited gatherings, the better the odds we will not see a spike – and the same goes for the upcoming New Year’s celebrations.

Please continue to follow the latest guidance, as we usher in the brighter days of 2021:

- For the period from December 23 – January 2, one household may gather with one other trusted household. That is a maximum of two households getting together 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 for the people who care for them.
- If you do get together with another household, the Health Department strongly encourages getting tested 7 days afterwards. Find a site near you at healthvermont.gov/covid-19/testing.
- 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 are working through the holiday week, including the laboratory staff, contact tracing and other critical response teams. We appreciate their dedication. However, there will be some changes to the schedule of updates:

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

The following reports will be published on Dec. 31 (instead of Jan. 1):

- [Map of Cases by Town](#)
- [COVID-19 Cases in Vermont K-12 Learning Communities While Infectious](#)
- [Active Outbreaks in Long-term Care Facilities](#)

The [Weekly Data Summary](#) will not be published Jan. 1. It will next be published on Jan. 8.

There will be no [Daily Update](#) on Jan. 1.

Case Information

Current COVID-19 Activity in Vermont
As of 12 p.m. on December 30, 2020

Description	Number
New cases*	69 (7,276 total)
Currently hospitalized	24
Hospitalized in ICU	6
Hospitalized under investigation	9

Percent Positive (7-day average)	2.3%
People tested	261,640
Total tests	689,597
Total people recovered	4,883
Deaths+	134
Travelers monitored	258
Contacts monitored	163
People completed monitoring	11,780

* 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>.