Daily Update on Novel Coronavirus (COVID-19)
January 5, 2021

New or updated information is in red and bold

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

Officials urge Vermonters who gathered with others to get tested

While it's still too early to know how the recent holidays impacted COVID-19 cases in Vermont, Health Commissioner Mark Levine MD said at Tuesday's press conference that Vermonters can still protect one another by getting tested.

"Whether you gathered with a single household, you "broke the rules" and saw more people over the holidays, or had a potential exposure to someone with COVID-19, please, get tested," Dr. Levine said.

Testing is how you can know if you have the COVID-19 virus so you can act to care for your health. Equally important, having test results is the only way we can make sure people who tests positive can isolate — and to identify their close contacts, so they can also stay home and away from other people — to keep the virus from spreading.

Dr. Levine also added: "if you gathered with people or did not follow protocols, please know that contact tracers do not enforce rules and you will not get in trouble — the key is to make sure we have the information we need to protect Vermonters."

Vermonters without COVID symptoms can now get tested at more than 15 regular locations throughout the state, and more of them are now open daily. Many sites now allow you to take a sample yourself, using a short swab in your nose. So it's quick, easy and free, Dr. Levine said.

You can register for a test by visiting healthvermont.gov/covid19testing. You do have to create an account to register, and we appreciate your patience with the process.

New on healthvermont.gov

New to our [COVID-19 Resources page](#): Find links to national and other publications Vermont Department of Health scientists and experts have authored or contributed to – such as the Morbidity and Mortality Weekly Report "[COVID-19 in a Correctional Facility Employee Following Multiple Brief Exposures to Persons with COVID-19](#)." CDC officials cited the investigation findings when it updated the definition of what is considered to be a [close contact](#) in October.

Probable Cases: As of January 4, the number of COVID-19 deaths in Vermont now includes deaths among people who were considered probable cases since September 6, 2020. The impact on the total death count is minimal. Four probable deaths have been identified since September 6.

A death among a probable case is a person who:

- meets the [probable case definition](#) and has COVID-19 listed as a cause or contributing condition on their death certificate or
- has COVID-19 listed as a cause or contributing condition on their death certificate.

Case Information
Current COVID-19 Activity in Vermont
As of 12 p.m. on January 5, 2021

Description	Number
New cases*	165 (8,038 total)
Currently hospitalized	38
Hospitalized in ICU	8
Hospitalized under investigation	6
Percent Positive (7-day average)	2.8%
People tested	269,010
Total tests	719,758
Total people recovered	5,463
Deaths+	149
Travelers monitored	307
Contacts monitored	195
People completed monitoring	11,885

* 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.