

Daily Update on Novel Coronavirus (COVID-19) January 6, 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

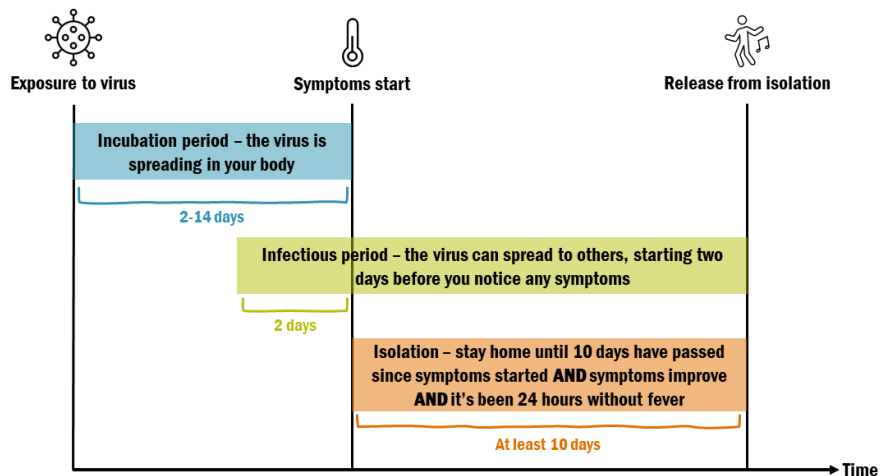
Please visit the Vermont Department of Health’s COVID-19 web and data pages
healthvermont.gov/covid19

Know the timeline of when COVID-19 can spread

You can spread the COVID-19 virus to others two days before you notice any symptoms, or even if you never develop symptoms. Our timelines can help determine when you might have been infectious, or when someone you were exposed to might have been infectious — the time when the virus can spread to others. Check out our timelines for people with and without symptoms:

- [Timeline for People with COVID-19 Who Have Symptoms](#)
- [Timeline for People with COVID-19 Who Don’t Have Symptoms](#)

Timeline for People with COVID-19 who have Symptoms



If you gathered with others, get tested

While it's still too early to know how the recent holidays impacted COVID-19 cases in Vermont, you can still protect your loved ones and community by getting tested.

We recommend testing if you gathered with anyone you don't live with or had a potential exposure to someone with COVID-19.

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.

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.

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.

If you have symptoms of COVID-19, please contact your health care provider so they can refer you for testing. If you don't have a provider, you can call 2-1-1.

Case Information

Current COVID-19 Activity in Vermont
As of 12 p.m. on January 6, 2021

Description	Number
New cases*	106 (8,158 total)
Currently hospitalized	33
Hospitalized in ICU	6
Hospitalized under investigation	7
Percent Positive (7-day average)	2.8%
People tested	269,690
Total tests	722,745
Total people recovered	5,546
Deaths+	152
Travelers monitored	320
Contacts monitored	182
People completed monitoring	11,911

- * 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](#).

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Media Contact: CV19media@vermont.gov

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