



## Daily Update on Novel Coronavirus (COVID-19) January 7, 2021

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)

### **CDC Report Features Review of Vermont’s Quarantine Policy**

Since May, Vermont has allowed people without COVID-19 symptoms to end quarantine on or after day 7 with a negative test result. In [an article published Thursday in the CDC’s Morbidity and Mortality weekly report](#), testing data showed that the policy has been effective and has not led to significant spread of COVID-19 in Vermont.

Vermont Department of Health analysts found that those quarantine who tested negative at day 7 after exposure, and were retested between day 8 and 14, none were positive. They also found that only 3% of close contacts tested on day 7 of quarantine tested positive, and 4% of close contacts tested on day 8, 9, or 10 tested positive.

While helping Vermonters by reducing their quarantine period, the policy also benefits the overall COVID-19 response by identifying asymptomatic people earlier in their illnesses through the increased availability of testing statewide, the report found.

Even though Vermont has no plans to change its existing quarantine policy at this time, this analysis also supports the principle of a shortened quarantine through testing like [CDC’s options](#), the article notes.

### **Vaccines in Vermont**

Planning is continuing for the next steps in distribution of vaccine to Vermonters. Visit [healthvermont.gov/covid19-vaccines](https://healthvermont.gov/covid19-vaccines) for continually updated information about who can get vaccinated now, plans for next groups, and more.

### **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](#)

Find these timelines and other resources on [our website](#).

### **If you gathered with others, get tested**

If you gathered with anyone you don't live with or had a potential exposure to someone with COVID-19, we recommend getting tested. This is how you can help 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](https://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 7, 2021**

Description	Number
New cases*	214 (8,403 total)
Currently hospitalized	36
Hospitalized in ICU	8
Hospitalized under investigation	3
Percent Positive (7-day average)	2.7%
People tested	271,568
Total tests	731,627
Total people recovered	5,657
Deaths+	155
Travelers monitored	320
Contacts monitored	191
People completed monitoring	11,926

- \* 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](#).

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