



## Daily Update on Novel Coronavirus (COVID-19) January 13, 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)

### **Have You Gotten the COVID-19 Vaccine? Share Your News With Others!**

Encouraging others to get the COVID-19 vaccine means moving towards a healthier Vermont. If you’re planning to get the shot, share your vaccine photo on social media captioned with your reason why. Be sure to include the hashtag #OurShotVT.

### **Find the Vaccine Information You Want**

Stay up to date on [COVID-19 vaccination in Vermont](#), including who can get the vaccine now and who will be eligible next. Check back often as we update this page regularly. You can also see how many people have been vaccinated at our [Vaccine Dashboard](#).

### **And Keep the Virus at Bay**

While we wait for vaccine to become more widely available to Vermonters, we must keep up our [prevention practices](#), including physical distancing, mask-wearing, handwashing and staying home when we’re sick. This is still the best protection from getting and spreading COVID-19.

### **New on healthvermont.gov**

Learn more about how Health Department data analysts create the map of town level data in the latest [Weekly Data Summary Spotlight](#).

### **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. It's quick, easy and free.

Register for a test by visiting [healthvermont.gov/covid19testing](https://healthvermont.gov/covid19testing). (You will need to create an account to register.)

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 13, 2021

Description	Number
New cases*	118 (9,368 total)
Currently hospitalized	48
Hospitalized in ICU	8
Hospitalized under investigation	3
Percent Positive (7-day average)	2.8%
People tested	281,032
Total tests	771,018
Total people recovered	6,321
Deaths+	158
Travelers monitored	167
Contacts monitored	178
People completed monitoring	12,231

\* 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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**Media Contact:** [CV19media@vermont.gov](mailto:CV19media@vermont.gov)

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