



Daily Update on Novel Coronavirus (COVID-19) January 21, 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

Got Vaccine Questions? Get Answers!

We are regularly adding to our [Frequently Asked Questions](#) as we have new information about COVID-19 vaccine and plans for vaccination in Vermont. See our [Vaccine FAQs](#), which includes answers to questions including:

- I have allergies. Should I get vaccinated?
- Can my spouse or partner get a COVID-19 vaccine if they are younger than 75?
- Should I be vaccinated if I have or had COVID-19?

You can also learn more on our [COVID-19 vaccination in Vermont](#) web page. And check back often for updates!

Keep up Prevention and Testing

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.

You can also help prevent the spread of COVID-19 by getting tested. If you want to get tested for COVID-19 and have no symptoms, you can visit a location near you. There are now 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. (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.

New on healthvermont.gov

Recently, the percent of people with COVID-19 who are associated with an outbreak has been lower than average, while the percent of people who had contact with another case has been higher than average. Learn more about how people are getting COVID-19 and what it means in the latest [Weekly Data Summary Spotlight](#).

Case Information

Current COVID-19 Activity in Vermont
As of 12 p.m. on January 21, 2021

Description	Number
New cases*	101 (10,580 total)
Currently hospitalized	45
Hospitalized in ICU	5
Hospitalized under investigation	5
Percent Positive (7-day average)	2.5%
People tested	291,297
Total tests	822,888
Total people recovered	7,083
Deaths+	168
Travelers monitored	184
Contacts monitored	263
People completed monitoring	12,379

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