



Daily Update on Novel Coronavirus (COVID-19) January 29, 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

More than 48,000 People Now Vaccinated in Vermont

There are now 48,220 people who have received at least one dose of COVID-19 vaccine in Vermont, including nearly 5,000 who are age 75 and older, according to the [Vaccine Dashboard](#).

At Friday’s press conference, state officials said more than 32,500 Vermonters age 75 and older have made appointments at community clinics, which began vaccinations this week.

“I can’t pass up the opportunity to again say how proud I am of our teams, especially in our [local health offices](#),” said Health Commissioner Mark Levine, MD. “Even though the COVID-19 vaccine rollout is an unprecedented effort, this is part of what we do, bringing health services to our communities.”

“When you think about this total undertaking – that involves so many moving parts and details – it can be easy to lose sight of the big picture,” Dr. Levine said. “But I hope many of us got a glimpse of that big picture this week... on the faces of our own parents or grandparents we are that much closer to hugging... of our older neighbors who will no longer feel isolated in their homes... and of our friends and co-workers sharing their own relief that their loved ones will be protected from this virus.”

“We have many more people to reach with these vaccines, but each of these moments helps us look ahead with hope,” Dr. Levine added.

And remember, when you do get vaccinated, it takes time for the vaccine to train your body to fight COVID-19, so you may not be protected by the vaccine until a few weeks after your second dose. This is similar to the flu vaccine, which can take up to two weeks to be fully

effective. In the meantime, keep up all the same precautions including wearing a mask, keeping a distance from people you don't live with, and avoiding gatherings and travel.

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

Of the more than 1,100 child care programs in Vermont, there have been 6 outbreaks. That means fewer than 1% of child care programs have had an outbreak. Learn more about COVID-19 in Child Care Settings in the latest [Weekly Data Summary Spotlight](#).

Case Information

Current COVID-19 Activity in Vermont

As of 12 p.m. on January 29, 2021

| Description | Number |
|----------------------------------|-----------------------|
| New cases* | 133 (11,658 total) |
| Currently hospitalized | 57 |
| Hospitalized in ICU | 11 |
| Hospitalized under investigation | 3 |
| Percent Positive (7-day average) | 2% |
| People tested | 300,912 |
| Total tests | 870,947 |
| Total people recovered | 7,926 |
| Deaths+ | 172 |
| Travelers monitored | 168 |
| Contacts monitored | 286 |

| | |
|-----------------------------|--------|
| People completed monitoring | 12,593 |
|-----------------------------|--------|

* 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>.