



## Daily Update on Novel Coronavirus (COVID-19) February 4, 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)

### **Watch the Super Bowl Safely**

If you’re planning to watch the Super Bowl this Sunday, remember: it’s safest to celebrate with the people you live with.

Check out some of the [CDC’s tips](#) – like hosting a virtual watch party or starting a text group with other fans to chat while you watch. Make your own special game-day apps and snacks, or get take-out food to enjoy with those you live with (Bonus: supports your local food establishments!).

Gathering with people from outside your own household increases the chances of spreading of COVID-19, especially if you’re indoors, close together, and eating or drinking without masks. Many cases and several outbreaks started with get togethers.

As Dr. Anthony Fauci put it on ABC’s “Good Morning America”: “You don’t want parties with people that you haven’t had much contact with. You just don’t know if they’re infected. So as difficult as that is, at least this time around, just lay low and cool it.”

So, root for your favorite team, debate the best commercial, and enjoy the game safely!

### **New on [healthvermont.gov](https://healthvermont.gov)**

Since the beginning of the pandemic, 29% of Vermont’s long-term care facilities (LTCF) have had at least one case of COVID-19. Outbreaks have been experienced by 17% of our long-term care facilities. These outbreaks are defined as a situation where two or more residents or staff members with COVID-19 have known connections to each other in the facility setting.

See our new report [COVID-19 in long-term care facilities](#) to learn more, including how the Health Department works with these facilities to prepare for and prevent COVID-19. This report will be updated every Tuesday [on our website](#).

### **Protect Yourself and Others 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](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 February 4, 2021**

Description	Number
New cases*	165 (12,503 total)
Currently hospitalized	60
Hospitalized in ICU	12
Hospitalized under investigation	9
Percent Positive (7-day average)	1.8%
People tested	308,055
Total tests	903,253
Total people recovered	8,953
Deaths+	181
Travelers monitored	175
Contacts monitored	237
People completed monitoring	12,787

\* 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).

### **Additional Resources About Vaccination and More**

Find answers to your questions about the COVID-19 vaccine from the CDC: [www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html).

Get Vermont-specific information in our [Frequently Asked Questions](#).

COVID-19 Vaccine Dashboard: [healthvermont.gov/covid19-vaccine-data](https://healthvermont.gov/covid19-vaccine-data).

Sign up for [the COVID-19 Weekly Email Update](#).

Find information sheets, posters and toolkits on our [Resources web page](#), in addition to translated materials.

### **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.

You can also get more information and resources:

- 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>.