

# COVID-19 Daily Update February 8, 2021

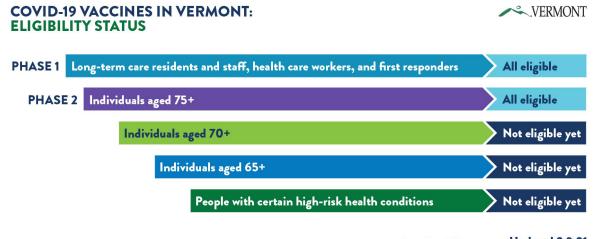
New or updated information is in red and bold

This update is available online at healthvermont.gov/covid19 Click the "See the Latest Update" button

# **Vaccine Eligibility in Vermont**

Vermont is making progress in Phase 2 of COVID-19 vaccination, basing efforts on our primary goal – saving lives. We will keep Vermonters informed of when eligibility will expand to the next group. Stay up to date by visiting <u>healthvermont.gov/covid19-vaccine</u>.

Good news! Even if your age group is not yet eligible, you can still get a step ahead by creating your account in our system. That way, when your age group is up, it'll be smooth sailing to sign up for your first dose. Learn more: <u>healthvermont.gov/MyVaccine</u>.



Updated 2.3.21

# If you had a Super(bowl) Sunday gathering, please quarantine and get tested

If you gathered with people you don't live with this past weekend, it's important to lower the risk of spreading COVID-19. Please quarantine and get tested right away — and again on day

7 or later. If the test you take on day 7 is negative, then your quarantine can end. (Otherwise, quarantine is 14 days). Find free testing near you at <u>healthvermont.gov/covid-19/testing</u>.

### **More Options for Testing**

The Vermont Department of Health has partnered with CIC Health to offer COVID-19 testing at many sites in Vermont for anyone without symptoms. These sites now allow Vermonters to take their own samples using a short swab in your nose. Watch <u>a new video</u> to learn how easy it is to do!

Register for a test by visiting <u>healthvermont.gov/testing</u>. (You will need to create an account to register.)

If you have <u>symptoms</u> 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

One of the best ways to stop the spread of COVID-19 is by getting tested as soon as you start to feel sick. See the latest <u>Weekly Data Summary Spotlight</u> and learn more about the average amount of time between symptom onset and when the Health Department receives a person's test result — so that public health response can begin.

### **COVID-19 Activity in Vermont**

As of 12 p.m. on February 8, 2021 Data is updated daily.

Description	Number
New cases*	143
	(13,046 total)
Currently hospitalized	59
Hospitalized in ICU	17
Hospitalized under investigation	4
Percent Positive (7-day average)	1.8%
People tested	312,270
Total tests	934,293
Total people recovered	9,675
Deaths+	183
Travelers monitored	186
Contacts monitored	186
People completed monitoring	12,943

Find more data on COVID-19 Activity at: healthvermont.gov/currentactivity.

## **COVID-19 Vaccine Data**

As of 12 p.m. on February 6, 2021 Data is updated Tuesdays through Saturdays.

Description	Number
Total people who have received least one dose of vaccine	60,425 (10.7% of population)
Total people who have received two doses of vaccine (completed)	26,510

Find more vaccine data on the COVID-19 Vaccine Dashboard: <u>healthvermont.gov/covid19-vaccine-data</u>.

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

- Find answers to your questions about the COVID-19 vaccine from the CDC: <u>www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html</u>.
- Get Vermont-specific information in our <u>Frequently Asked Questions</u>.
- Sign up for the COVID-19 Weekly Email Update.
- Find information sheets, posters and toolkits on our <u>Resources web page</u>, 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 <u>Coping With Stress</u> web page.
- Get connected to Alcohol and Drug Support Services at <u>VT Helplink</u>.
- Get self-help tips and connect to mental health services at <u>COVID Support VT</u>.

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#### Media Contact: CV19media@vermont.gov

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