COVID-19 Daily Update
February 10, 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

Help curb spread of COVID-19 by getting tested

Getting tested for COVID-19 is a critical tool to slowing the spread of the virus. The sooner you know if you have the virus, the sooner you can protect yourself, your loved ones and your community.

There are now even more sites available around the state to get tested, with more open daily. Make an appointment for a test by visiting healthvermont.gov/testing. (You will need to create an account first.)

Many test sites now allow Vermonters to take their own samples using a short swab in your nose. Watch a new video to learn how easy it is to do!

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.

Prepare for your vaccination by creating an online account

Good news! Even if your age group is not yet eligible to be vaccinated, you can still get a head start on the process now by creating your account in our system. That way, it'll be smooth sailing when it's your turn to make an appointment for your first dose.
Learn more at healthvermont.gov/MyVaccine.

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 Weekly Data Summary Spotlight 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 10, 2021
Data is updated daily.

Description	Number
New cases*	62 (13,122 total)
Currently hospitalized	54
Hospitalized in ICU	10
Hospitalized under investigation	4
Percent Positive (7-day average)	1.8%
People tested	313,734
Total tests	942,276
Total people recovered	9,988
Deaths+	187
Travelers monitored	190
Contacts monitored	177
People completed monitoring	12,970

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

COVID-19 Vaccine Data
As of 12 p.m. on February 10, 2021
Data is updated Tuesdays through Saturdays.

Description	Number
Total people who have received least one dose of vaccine	66,506 (11.9% of population)
Total people who have received two doses of vaccine (completed)	30,129

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

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.
- Get Vermont-specific information in our Frequently Asked Questions.
- Sign up for the COVID-19 Weekly Email Update.

- **Find information sheets, posters and toolkits, as well as translated materials on our** Resources 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.

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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Media Contact: CV19media@vermont.gov

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