



COVID-19 Daily Update March 8, 2021

New or updated information is in red and bold

This update is available online at healthvermont.gov/covid19
Click the “See the Daily Update” button

B.1.1.7 Variant Detected in Vermont

Vermont health officials have confirmed detection of the COVID-19 variant B.1.1.7 – the viral mutation first detected in the U.K. in the fall of 2020. This is the first lab-confirmed evidence of the variant in the state.

Health Commissioner Mark Levine, MD said detecting the variant in Vermont was not unexpected, as it has already been found in nearly all other states in the U.S.

Dr. Levine said, however, that because this variant is a type that can spread more quickly “it is ever more important that everyone follow our guidance to prevent transmission, to take advantage of the statewide opportunities to get tested, and to get vaccinated as soon as you are eligible. These steps continue to be effective against variants.”

The variant was detected in a specimen taken from a resident of Chittenden County. The Health Department sends select samples from people who had already tested positive for COVID-19 to the Massachusetts Public Health Laboratory, Molecular Diagnostics and Virology program for genetic sequencing.

[Read the press release.](#)

Vaccination Now Open to People Age 55+ with High-Risk Conditions

Vaccination opened Monday to Vermonters ages 55+ with certain high-risk health conditions. About 8,300 appointments were made Monday through the Health Department’s registration system. There are enough appointments available for everyone who is eligible.

To make an appointment, visit HealthVermont.gov/MyVaccine. You can also find videos to help you navigate the registration process. If registering online is not an option, you can make an appointment by calling (855) 722-7878.

Please note: If you have a high-risk health condition, you do NOT need a doctor's note, proof of a health condition, or a pass code to sign up. The Health Department may use the information you provide to confirm your eligibility, either through medical records or by contacting your provider — if you have one. The department may also reach out to people who don't have a provider to offer a connection to care.

High-risk health conditions include:

- Current cancer
- Chronic kidney disease
- COPD, including emphysema and chronic bronchitis
- Heart disease
- Immunocompromised / Weakened immune system
- Severe obesity (BMI of 40 or more)
- Pregnancy
- Diabetes (Types 1 & 2)
- Disabilities, including chromosomal disorders, intellectual disabilities, and disabilities that affect lung function
- Sickle cell disease

People in the education community who want a COVID-19 vaccine will get information to access the scheduling system from their school directly. Eligible staff who work in the child care/early learning community will receive scheduling information from the licensing contact at their workplace. Please do not call the health department. We appreciate your patience as this information is distributed.

New Guidance Expands Gathering Options for Vaccinated People in Vermont

People who are fully vaccinated may now gather with other people who are vaccinated, including in their homes. Gatherings of vaccinated people may also include one household that is not vaccinated. Two unvaccinated households should not gather.

New on Healthvermont.gov

It has been almost exactly one year since the first case of COVID-19 was identified in Vermont. Since that time, numerous Health Department staff have been pulled from their regular duties to help respond to the pandemic, including the members of the Data Team who contribute to the Weekly Data Summary. [This week's spotlight](#) showcases some public health issues and data that we would normally be highlighting, including:

- Climate & Health
- Non-COVID Infectious Diseases
- Suicide Prevention & Mental Health
- The Opioid Epidemic & Substance Misuse
- Vermonters with Disabilities
- Diabetes & Heart Disease Prevention

COVID-19 Activity in Vermont

As of 12 p.m. on March 8, 2021

Data is updated daily.

Description	Number
New cases*	113 (16,199 total)
Currently hospitalized	27
Hospitalized in ICU	7
Hospitalized under investigation	2
Percent Positive (7-day average)	1.7%
People tested	336,468
Total tests	1,132,778
Total people recovered	13,474
Deaths+	208

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

COVID-19 Vaccine Data

As of 12 p.m. on March 6, 2021

Data is updated Tuesdays through Saturdays.

Description	Number
Total people who have received least one dose of vaccine	118,051 (21.4% of population)
Total people who have received two doses of vaccine (completed)	63,811

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](#).

#

Media Contact: CV19media@vermont.gov

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