



## **Daily Update on Novel Coronavirus (COVID-19) December 31, 2020**

New or updated information is in red and bold

**There will be no Daily Update on January 1.**

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)

### **A New Year’s message from Dr. Levine**

Health Commissioner Mark Levine, MD, said Thursday that though we’ve faced many challenges during 2020, Vermonters also learned again that we have the strength to persevere.

“It will take a while for all of us to get the COVID-19 vaccine, but knowing that more than 14,00 Vermonters have been vaccinated so far, we can feel change coming,” he said. “In the meantime, I hope the New Year gives us all the boost we need right now to keep up everything we’ve been doing to prevent the spread of COVID-19 so that 2021 can fulfill our hopes.”

Instead of New Year’s resolutions this year, Dr. Levine suggested Vermonters might think about how to take care of their own mental health and those around you.

These tips can help guide us into 2021:

- Stay socially connected
- Create daily routines and schedules
- Exercise, eat healthy and get enough sleep
- Reach out for support, whether you are struggling with anxiety, depression or just need to talk.
- If you have children, talk with them. Ask about their concerns and listen to them.
- Engage with your community in any ways that are possible and safe. Helping others helps counter stress.

Finally, if you celebrate the New Year, please find ways to do so safely, Dr. Levine said, either with people you live with, or with one other trusted household. If you do gather, get tested seven days afterward. Find a site near you at [healthvermont.gov/covid-19/testing](https://healthvermont.gov/covid-19/testing).

“We could not have made it this far without your help and sacrifice,” he said. “I wish you all a happy, healthy, and safe New Year.”

## COVID-19 Response Holiday Schedule

Many Health Department teams have been working through the holidays, including the laboratory staff, contact tracing and other critical response teams. We appreciate their dedication. However, there will be some changes to the schedule of updates:

There will be no update to the [Vermont Dashboard](#) on Jan. 1. Updates will resume the following day.

The [Weekly Data Summary](#) will not be published Jan. 1. It will next be published on Jan. 8.

There will be no [Daily Update](#) on Jan. 1.

The following reports were published today (instead of Jan. 1):

- [Map of Cases by Town](#)
- [COVID-19 Cases in Vermont K-12 Learning Communities While Infectious](#)
- [Active Outbreaks in Long-term Care Facilities](#)

## COVID-19 Vaccine Dashboard

Thousands of Vermonters have received their first dose of the COVID-19 vaccine. You can now go to our new [COVID-19 Vaccine Dashboard](#) to get information on the number of people who have been vaccinated and the total doses administered. See data by county, age, race/ethnicity and sex. The dashboard is updated every Wednesday by noon and will continue to undergo enhancements as more information becomes available. Read the notes below the dashboard to learn more.

If you're looking for more information about COVID-19 vaccines in Vermont, visit [healthvermont.gov/covid19-vaccines](https://healthvermont.gov/covid19-vaccines). Check back often, as we regularly update this web page.

## Case Information

Current COVID-19 Activity in Vermont  
As of 12 p.m. on December 31, 2020

Description	Number
New cases*	130 (7,412 total)

Currently hospitalized	25
Hospitalized in ICU	7
Hospitalized under investigation	6
Percent Positive (7-day average)	2.3%
People tested	262,924
Total tests	697,705
Total people recovered	4,959
Deaths+	136
Travelers monitored	268
Contacts monitored	170
People completed monitoring	11,791

\* 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).

### Guidance for Vermonters and Businesses

- Health information, guidance and data: [healthvermont.gov/covid19](https://healthvermont.gov/covid19)
- Sector guidance: [accd.vermont.gov/covid-19](https://accd.vermont.gov/covid-19)
- Modeling: [dfr.vermont.gov/about-us/covid-19/modeling](https://dfr.vermont.gov/about-us/covid-19/modeling)
- Governor's actions: [governor.vermont.gov/covid19response](https://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](https://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](#).

### **Food resources**

If your financial situation has recently changed, you may now qualify for Vermont nutrition and food programs, including WIC program (Women, Infants and Children) and 3SquaresVT/SNAP. Contact the [Health Department](#), [Hunger Free Vermont](#), or call 2-1-1 for more information.

### **Find Opportunities to Support the COVID-19 Response**

Vermonters can now step up and help with the COVID-19 response in long-term care facilities and other areas. Visit [www.vermont.gov/covid-staffing](https://www.vermont.gov/covid-staffing) for more information.

### **Stay Informed with VT-ALERT**

Stay up to date on the latest COVID guidance and information by visiting [www.vtalert.gov](https://www.vtalert.gov) and registering or updating your account. Select the alerts you would like to receive (COVID information is listed under “Health Alerts”). Notifications are available via email, text, phone and the Everbridge mobile app.

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**Media Contact:** [CV19media@vermont.gov](mailto:CV19media@vermont.gov)

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