Daily Update on Novel Coronavirus (COVID-19)
September 25, 2020

New information is in red and bold.

This update is available online at 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

Health Commissioner Urges Vermonters to Get Their Flu Shot

Getting a flu shot is important every year, but it's even more vital during the current pandemic, said Health Commissioner Mark Levine, MD at Friday's press conference.

This year, there are many more unknowns, said Dr. Levine. Like how common it would be to get the coronavirus *and* the flu, or if having the flu makes you more susceptible to getting COVID-19. We also don't know whether a surge in cases of COVID-19 and the flu could happen at the same time — overwhelming our health care system and putting people at risk.

"Simply put: we know more about the flu than COVID-19, and we already have a vaccine to prevent it," Dr. Levine said. "So please, get your flu shot. And make sure your children do too — anyone over 6 months old, with rare exceptions, should be vaccinated."

It's especially important for anyone in a high-risk group or who has underlying health conditions to get vaccinated.

The Health Department has ordered more flu vaccine than usual to prepare for the increased demand, and is working closely with providers in getting their patients vaccinated. We are encouraging community partnerships to provide clinics where access may be limited, like at schools, community centers or assisted living facilities.

Get your flu shot through your doctor's office, your local pharmacy, or look for a clinic near you. If you don't have insurance, reach out to your local health office.

And keep up those actions that have helped Vermont prevent the spread of COVID-19 — they also help with whatever flu season may have in store.

Learn more at healthvermont.gov/flu.

Return to School Guidance

All schools will be in Step III of the safety and health guidance effective tomorrow (Sept. 26). Read the guidance for more details: [Strong and Healthy Start: Safety and Health Guidance for Vermont Schools](#)

Questions about what this change means? Read [Strong and Healthy Start FAQ: Transitioning From Step II to Step III](#).

Additional guidance includes:

Mental Health: [A Strong and Healthy Start: Social, Emotional and Mental Health Supports During COVID-19](#)

Sports: [Fall Sports Programs for the 2020-2021 School Year](#)

Child care: [Health Guidance for Child Care and Out of School Care](#)

Find additional resources on our [Schools, Colleges and Child Care Programs web page](#).

COVID-19 Testing Data for Colleges/Universities and Schools

PreK-12 Schools: A table of School-Based COVID-19 Transmission is now available at healthvermont.gov/currentactivity. The table is updated weekly.

Colleges/Universities: The Department of Financial Regulation's [School Reopening web page](#) includes links to each Vermont college and university with information about their COVID-19 testing results.

New on healthvermont.gov

Nearly 3 in 4 Vermonters with COVID-19 experience symptoms. Compare data about Vermonters who experience symptoms with those who are asymptomatic by age, sex, race and more in the new [Weekly Data Summary](#) Spotlight.

Case Information

Current COVID-19 Activity in Vermont
As of 12 p.m. on September 25, 2020

Description	Number
Total cases*	1,731 (7 new)
Currently hospitalized	2
Hospitalized under investigation	0
Total people recovered	1,576
Deaths+	58

People tested	159,279
Travelers monitored	469
Contacts monitored	36
People completed monitoring	8,757

* 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 at the data dashboard: healthvermont.gov/currentactivity.

Guidance for Vermonters

Get the information you need at our Frequently Asked Questions.
- If you are having a medical emergency, call 9-1-1 or go to the hospital.
- If you think you have symptoms of COVID-19, call your health care provider.
- Maintain physical distancing of at least 6 feet and wear a mask when near others.

Traveler Information

Visit our Travel to Vermont web page for continually updated information and guidance, including about quarantine requirements, testing, and to sign up with Sara Alert for symptom check reminders.

Getting Tested for COVID-19

Anyone can get tested, but not everyone *needs* to get tested.

Talk with your health care provider If you think you should be tested for COVID-19.
- If you don't have a provider, dial 2-1-1, or contact the nearest federally qualified health center or one of Vermont's free & referral clinics.

Visit our testing web page for more guidance and where to get tested if you do need it.

Business Guidance

Visit the Agency of Commerce and Community Development's website for "Work Safe" guidance.

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.
- Call the National Suicide Prevention Lifeline at 1-800-273-8255.
- Text VT to 741741 to talk with someone at the Crisis Text Line.

- For more information visit healthvermont.gov/suicide.

Get self-help tips and connect to mental health services at COVID Support VT.
See ways for Coping with Stress.

For more information:
- COVID-19 health information, guidance and case data: healthvermont.gov/covid19
- Governor's actions: governor.vermont.gov/covid19response
- The state's modeling: dfr.vermont.gov/about-us/covid-19/modeling

# # #

Media Contact: CV19media@vermont.gov

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