



Daily Update on Novel Coronavirus (COVID-19) **October 5, 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

New COVID-19 Outbreak Identified at Addison County Farm

At a media briefing on Monday, Health Commissioner Mark Levine, MD, said the Health Department is investigating a new outbreak of COVID-19 at a farm in Addison County.

Dr. Levine was joined by State Epidemiologist Patsy Kelso, Agency of Agriculture, Food and Markets Secretary Anson Tebbetts and Deputy Secretary Alyson Eastman.

The Health Department learned last week that a worker at Champlain Orchards had tested positive for COVID-19. Teams quickly began contact tracing and providing health and isolation guidance as appropriate, working closely with the owner of the farm and the Agency of Agriculture, Dr. Levine said. Due to the potential risk of spread to other workers, Health teams offered testing to all farm employees over the weekend.

There are currently 26 cases associated with the outbreak, and contact tracing is underway.

“At this time, the outbreak is contained to the orchard, and I want to emphasize — there is no known risk to the public,” Dr. Levine said. “It’s safe to eat apples and other products that were grown or produced on the farm. If you’ve been apple picking in the past couple of weeks, or visited the farm stand, you are not at risk either.

Dr. Levine thanked the owner of Champlain Orchards, who is complying with all public health recommendations and putting measures in place to keep anyone who may be contagious from coming into contact with other workers on the farm.

This cooperation and dedication to the health and safety of their workers is essential to preventing further spread of the virus, he said.

Time to Get Your Flu Shot

It's more important than ever to get your flu shot this year — when both flu viruses and the new coronavirus may be spreading at the same time.

There is no shortage of flu vaccine this year. Many health care providers and pharmacies have doses available, and if they don't yet, they will soon.

Who should get a flu shot? Anyone over 6 months old, with rare exceptions. And it's especially important for anyone in a [high-risk group](#) or who has underlying health conditions.

Where can I get my flu shot? Through your provider, your local pharmacy, or look for a clinic near you. If you don't have insurance, reach out to your local health office.

Find where to get a flu shot near you: healthvermont.gov/flu.

New on healthvermont.gov

Collecting data from emergency departments and urgent care centers can identify potential COVID-19 clusters or spikes in the community early on. In our latest [Weekly Data Summary](#) Spotlight on Syndromic Surveillance, learn more about this data, including when we've seen such increases and who is visiting emergency departments and urgent care centers for COVID-like illness.

Case Information

Current COVID-19 Activity in Vermont
As of 12 p.m. on October 5, 2020

Description	Number
Total cases*	1,817 (33 new)
Currently hospitalized	1
Hospitalized under investigation	0
Total people recovered	1,625
Deaths+	58
People tested	167,506
Travelers monitored	565
Contacts monitored	60
People completed monitoring	9,139

* 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](#).

Return to School Guidance

All schools are now in Step III of the safety and health guidance. 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](#).

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](#).

The [cross-state travel map](#) is now updated each Tuesday.

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

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Media Contact: CV19media@vermont.gov

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