



Daily Update on Novel Coronavirus (COVID-19) October 8, 2020

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.

Please visit the Vermont Department of Health’s COVID-19 web and data pages
healthvermont.gov/covid19

Get quick answers to your COVID-19 questions

As the current pandemic evolves, the Health Department is regularly updating and adding to its [Frequently Asked Questions](#). Type your question into the ChatBot or click the “See All Frequently Asked Questions” button and search within the full list.

Newly added questions include:

- [How does being indoors with the windows closed affect my risk of getting COVID-19?](#)
- [What are the long-term health effects of COVID-19?](#)
- [Is it safe to wear gaiters instead of masks?](#)

New on healthvermont.gov

New contact tracing resources: A new video, [How Contact Tracing Slows the Spread of COVID-19](#), explains what contact tracers do and why it’s important to answer their call!

We’ve also added three different visual timelines to the [contact tracing section of our website](#) that show important dates for cases and close contacts:

- [Timeline for people who test positive and have symptoms](#)
- [Timeline for people who test positive but do not have symptoms](#)
- [Timeline for people who are close contacts with someone who has tested positive](#)

Weekly Data Summary: 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 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.

Time to Get Your Flu Shot

Flu vaccine continues to arrive in the state, and your local pharmacies and providers don't yet have a supply, they will soon.

It's especially important this year for everyone who can get their flu shot, to do it — when both flu viruses and the new coronavirus may be spreading at the same time.

Who should get a flu shot?

- Anyone over 6 months old, with rare exceptions
- People in a [high-risk group](#) or who has underlying health conditions

Where can I get my flu shot?

- From your health care provider
- At your local pharmacy
- At a flu clinic near you

Go to healthvermont.gov/flu to learn more about the flu, the vaccine and find where to get a flu shot near you.

Case Information

Current COVID-19 Activity in Vermont

As of 12 p.m. on October 8, 2020

Description	Number
Total cases*	1,838 (11 new)
Currently hospitalized	0
Hospitalized under investigation	1
Total people recovered	1,638
Deaths+	58
People tested	169,402
Travelers monitored	592
Contacts monitored	58
People completed monitoring	9,214

* 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 and Businesses

- 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.

Key Guidance:

- Health information, guidance and data: healthvermont.gov/covid19
- By sector guidance: accd.vermont.gov/covid-19
- Travel map and modeling: dfr.vermont.gov/about-us/covid-19/modeling
- Governor's actions: governor.vermont.gov/covid19response

Get the information you need at our [Frequently Asked Questions](#).

Return to School Guidance

- **Strong and Healthy Start:** [Safety and Health Guidance for Vermont Schools](#)
 - [Strong and Healthy Start FAQ: Transitioning from Step II to Step III](#)
- **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](#)

More 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.

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](#).

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