



## **Daily Update on Novel Coronavirus (COVID-19)** **October 12, 2020**

New or updated information is in red and bold.

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)

### **Indigenous Peoples’ Day**

Today, **Indigenous Peoples’ Day**, we celebrate and honor Indigenous cultures. We acknowledge that we are living and working on the unceded ancestral land (N'Dakinna) of the Abenaki. The Abenaki and other Indigenous peoples in Vermont face systemic and structural racism and manage racialized trauma, which affect the conditions in which people are born, grow, live and work.

Inequities faced by First Nations people include higher rates of chronic disease, co-morbidities and poorer health outcomes because of unequal access to health care, health systems, food, housing and generational wealth.

The Health Department is committed to working with Indigenous communities to hear what can be done to improve health outcomes. We’re focused on learning more about regional needs, and supporting the well-being of communities when it comes to both the COVID-19 response and other health needs of the people indigenous to this land.

Learn more about [health equity](#), and the Health Department’s work to give all people a fair and just opportunity to be healthy.

### **New on [healthvermont.gov](https://healthvermont.gov)**

The percent positivity rate can tell us about transmission levels of COVID-19. In the newest [Weekly Data Summary](#), you can see how Vermont’s percent positivity has remained low since May. It continues to be one of the lowest in the country, thanks to Vermonters who have worked to slow the spread of the virus!

**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](#)

## 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](http://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 12, 2020

Description	Number
Total cases*	1,876 (9 new)
Currently hospitalized	0
Hospitalized under investigation	0
Total people recovered	1,664
Deaths+	58
People tested	173,715
Travelers monitored	647
Contacts monitored	54
People completed monitoring	9,393

\* 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](https://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](https://healthvermont.gov/covid19)
- By sector guidance: [accd.vermont.gov/covid-19](https://accd.vermont.gov/covid-19)
- Travel map and 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](#).

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

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