



Daily Update on Novel Coronavirus (COVID-19) **October 16, 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

Health Department investigating outbreak among sport teams, cases in schools

State Epidemiologist Patsy Kelso provided an update at Friday’s press conference on an outbreak of COVID-19 cases among members of youth and adult recreational hockey and broomball teams in central Vermont.

The outbreak is associated with people who practiced or played at the Central Vermont Memorial Civic Center in Montpelier earlier this month, and there has been no community spread of the virus beyond close contacts at this time, Kelso said.

So far, 18 confirmed cases have been identified among players and several close contacts. Most of the cases identified are among adults. The Health Department has informed schools if any cases were in attendance while they were infectious.

“The contact tracing team is continuing their work to identify and reach out to people who may be affected,” Kelso said. “So, please, it is important that you answer the phone if you get a call from the Health Department. This is how we can give you and your family the information you need if you are at risk – and it is key to our ability to contain outbreaks from spreading in the community.”

Tomorrow, Saturday, there will be a pop-up testing event at the Barre Auditorium from 9 a.m. to 3 p.m. We recommend that anyone with direct links to the teams, their close contacts, and people associated with the Civic Center be tested.

To register for a test, visit healthvermont.gov/covid19-testing.

[Read the news release.](#)

Kelso also discussed two cases associated with Union Elementary School in Montpelier (not related to the outbreak).

“These cases involve the first Vermont instance of COVID-19 transmission within a school,” Kelso said.

We have been working closely with the school and district officials to investigate and in their efforts to keep their students, teachers, staff and the community informed.

“The fact that this is the state’s first in-school transmission does not mean an escalation of the virus,” Kelso said. “It means that someone who was infectious transmitted it to someone – just this time, inside a school, rather than a workplace, a long-term care facility, or other setting.”

“It does mean that we all need to reflect on the fact that, despite our extremely low rate of COVID-19 in the state, this highly infectious virus continues to stalk Vermont, and we must keep up on our individual and institutional efforts to prevent its spread as best we can,” she added.

New on healthvermont.gov

One way we can measure how much testing is being done in Vermont is by tests per positive case of COVID-19. In the newest [Weekly Data Summary](#) Spotlight, see how the number of tests per positive case has grown over time, showing how Vermont has gotten better at finding cases. The summary also now includes data on cases in Vermont children (ages 19 and younger).

Time to Get Your Flu Shot

It’s especially important for everyone to get their flu shot this year – when flu viruses and the new coronavirus may be spreading at the same time. Help keep flu out of the picture!

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

While there are no significant delays in the national flu vaccine supply or distribution, high demand may mean that some providers and pharmacies run out of vaccine before their next shipment. This is typical for the start of the season when initial demand is high. If your local pharmacies and providers don’t yet have a supply, they will soon.

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

Case Information

Current COVID-19 Activity in Vermont
As of 12 p.m. on October 16, 2020

Description	Number
Total cases*	1,915 (13 new)
Currently hospitalized	0
Hospitalized under investigation	1
Total people recovered	1,687
Deaths+	58
People tested	176,605
Travelers monitored	670
Contacts monitored	61
People completed monitoring	9,531

* 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 Long-Term Care Facilities and Adult Day Programs

Find guidance for [long-term care facilities](#) and [adult day programs](#), on the Department of Disabilities, Aging, and Independent Living's [Restart Vermont web page](#).

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>.