



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

### **Test Clinics Open for Central Vermont Outbreak Response**

Vermont Department of Health and Central Vermont Medical Center **announced** they are setting up COVID-19 testing clinics this week, as part of the response to an outbreak of the virus in central Vermont.

The Health Department has been investigating cases associated with adult and youth hockey leagues and an adult broomball league. At this time, there are 30 confirmed cases associated with the outbreak.

The department conducted a pop-up clinic on Monday, and a second will be held Thursday, October 22 at Barre Auditorium from 9:00 a.m. – 3:00 p.m. Central Vermont Medical Center (CVMC) will conduct special testing clinics this Tuesday through Friday from 2:00 – 4:00 p.m. The clinics will be at the medical center’s Acute Respiratory Clinic.

To register for the Health Department pop-up, go to [healthvermont.gov/covid19-testing](https://healthvermont.gov/covid19-testing).  
For testing at the CVMC clinic, call 802-371-5310 to schedule an appointment.

For more information [read the news release](#).

### **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](http://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 19, 2020

| Description                      | Number           |
|----------------------------------|------------------|
| Total cases*                     | 1,946<br>(9 new) |
| Currently hospitalized           | 0                |
| Hospitalized under investigation | 0                |
| Total people recovered           | 1,696            |
| Deaths+                          | 58               |
| People tested                    | 179,597          |
| Travelers monitored              | 599              |
| Contacts monitored               | 76               |
| People completed monitoring      | 9,743            |

\* 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 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](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>.