



Daily Update on Novel Coronavirus (COVID-19) **October 21, 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

COVID-19 Data in Children

Children make up 13% of Vermont’s COVID-19 cases, with 30% of them 18 or 19 years old.

To learn more about cases of COVID-19 among children in Vermont — defined as age 19 and younger — take a look at our latest [Weekly Data Summary](#) (*starting on p.19*)

The Summary is updated each week and is an excellent source of visualized COVID-19 Vermont data, including race and ethnicity, testing, outbreaks, common symptoms in children, and more.

Dispose of your unused, unwanted & expired prescription drugs on Take Back Day

This Saturday, October 24, is Prescription Drug Take Back Day — when you can dispose of leftover prescription and over-the-counter drugs safely at a collection site near you.

The Take Back Day scheduled for last April was cancelled due to the pandemic, “so this is a great opportunity to make up for lost time,” said Health Commissioner Mark Levine, MD.

“More than half of people who misuse prescription medication get it from a friend or relative — often straight out of the medicine cabinet,” Dr. Levine said. “We already know COVID-19 is taking a toll on Vermonters with substance use disorder, and unfortunately, we have seen an increase in opioid fatalities this year compared to last year. By disposing of medications safely — especially prescription painkillers — you can do your part to keep anyone from ever misusing them.”

So, this coming weekend, grab your unused medications, of course your mask, before heading to a drop-off location. Get more info at healthvermont.gov/doyourpart.

And remember, you don't have to wait for a Take Back Day either – many drug disposal sites in Vermont are permanent. Or you can request a free mail-back envelope through our website.

Get Your Flu Shot – Stay Healthy and Prevent a “Twindemic”

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!

We encourage everyone older than 6 months old (with rare exceptions), and especially people in a [high-risk group](#) or who have underlying health conditions to get their flu vaccine.

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 21, 2020

Description	Number
Total cases*	1,971 (16 new)
Currently hospitalized	1
Hospitalized under investigation	3
Total people recovered	1,708
Deaths+	58
People tested	180,694
Travelers monitored	536
Contacts monitored	82
People completed monitoring	9,849

* 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

- 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](#).

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 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 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>.