



## **Daily Update on Novel Coronavirus (COVID-19)** **October 28, 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)

### **What’s the Difference Between COVID-19 and the Flu?**

Influenza (flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses.

One important difference is that we have a vaccine for the flu! It’s more important than ever to get your flu shot this year – when flu viruses and the new coronavirus are spreading at the same time.

Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. Flu and COVID-19 share many characteristics, but key differences include:

- COVID-19 seems to spread more easily than flu and causes more serious illnesses in some people.
- It can take longer before people show symptoms of COVID-19, and people can be contagious with the COVID-19 virus for longer.

Learn more about [the similarities and differences](#) from the Centers for Disease Control and Prevention.

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. [Learn more about the flu and find a flu shot.](#)

## Case Information

Current COVID-19 Activity in Vermont

As of 12 p.m. on October 28, 2020

Description	Number
Total cases*	2,120 (6 new)
Currently hospitalized	7
Hospitalized under investigation	1
Total people recovered	1,768
Deaths+	58
People tested	187,037
Travelers monitored	378
Contacts monitored	128
People completed monitoring	10,213

\* 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

- 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](#).

## School Guidance

- **Strong and Healthy Start:** [Safety and Health Guidance for Vermont Schools \(updated 10/23\)](#)

- **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](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>.