



Daily Update on Novel Coronavirus (COVID-19) October 30, 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

Current Outbreak Shows We Need to Do Our Part to Stop the Spread of COVID-19

State Epidemiologist Patsy Kelso and Commissioner of Financial Regulation Michael Pieciak presented details Friday of what started as an outbreak of COVID-19 at a central Vermont hockey rink and led to four more outbreaks.

Officials at Friday’s press conference said the outbreak now stands at 87 cases, impacting 18 towns and four counties, and resulting in 473 contacts identified.

Kelso said contact tracers found some themes that contributed to the spread, including people gathering without wearing masks and people failing to quarantine — after they had been identified as a close contact, returned from travel, or had COVID-like symptoms.

Some people continued their daily activities while they were still waiting for COVID test results or denied symptoms during health screenings, she added.

“We know that not everybody with COVID-19 has symptoms, but if you do have symptoms that could be due to COVID-19, it’s important to pay attention to those yourselves so you can be monitoring your own health,” Kelso said. “But also, report if you have symptoms. Don’t go to venues or events.”

Health Commissioner Mark Levine, MD, said that as the virus makes a dangerous comeback in many parts of the country, “this is the worst time to let COVID fatigue set in.”

Dr. Levine reminded Vermonters to keep social circles small and agree on the ground rules for any interaction. He also urged Vermonters to consider forgoing travel — “a hard holiday

message to deliver, but it just may not be worth the risk.” If you do travel or have people visiting you, know the quarantine rules.

“And, we can choose activities with the lowest risk possible. I’ll repeat this simple guide again: keep 6-foot spaces, masks on faces and avoid crowded places. The more of these things you can do, the less risky it will be,” Dr. Levine said. “And the less risk we take on, the more we can protect our classmates, co-workers, and our own families. Please, keep this in mind if you celebrate Halloween this weekend.”

COVID-19 Data Dashboard Improvements

The [Dashboard of COVID-19 Activity in Vermont](#) has undergone some changes to improve the user experience. Thank you to all who provided feedback through our website survey. See the complete list of changes by clicking *NEW: 10/29/20 Dashboard Improvements*.

Case Information

Current COVID-19 Activity in Vermont
As of 12 p.m. on October 30, 2020

Description	Number
New cases*	14 (2,155 total)
Currently hospitalized	4
Hospitalized in ICU	2
Hospitalized under investigation	0
Percent Positive (7 day average)	0.5%
People tested	188,683
Total tests	403,053
Total people recovered	1,779
Deaths+	58
Travelers monitored	377
Contacts monitored	134
People completed monitoring	10,254

* 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.

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!

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.](#)

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
- 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](#).

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.

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>.