



Daily Update on Novel Coronavirus (COVID-19) **November 2, 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

What to Do if Someone in Your Home is Quarantining

With the holidays approaching, for college students returning to Vermont homes, and a growing list of people who are “close contacts” of people with COVID-19, it’s important to know what to do if someone in your home is under quarantine.

If you have out-of-state visitors in your home who come from a red or yellow county, they need to quarantine for 14 days (or the duration of their stay). This means they should:

- Wear a mask in common spaces
- Use a separate bathroom
- Eat separately
- Stay 6 feet apart and otherwise not be in close contact with other household members

Household members who are NOT under quarantine do not then also need to quarantine – meaning they can go to school, work, or the grocery store. However, be sure to disinfect commonly touched surfaces, and check yourself for symptoms for 14 days.

The same guidance applies to people living with Vermonters who leave the state to go visit a red or yellow county, and people living with close contacts.

If you are in quarantine, you have the option to get a PCR test after seven days. If you test negative and have no symptoms, you can end your quarantine. If you develop symptoms during quarantine, please consider getting tested.

For more information about all this, see these FAQs:

- [Do I need to quarantine if out-of-state visitors are staying in my home?](#)
- [Do I need to quarantine if someone I had close contact with is under quarantine?](#)
- [Is it safe to travel for the holidays?](#)

Case Information

Current COVID-19 Activity in Vermont
As of 12 p.m. on November 2, 2020

Description	Number
New cases*	23 (2,219 total)
Currently hospitalized	3
Hospitalized in ICU	3
Hospitalized under investigation	1
Percent Positive (7 day average)	0.5%
People tested	190,359
Total tests	415,518
Total people recovered	1,826
Deaths+	58
Travelers monitored	377
Contacts monitored	151
People completed monitoring	10,311

* 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>.