Daily Update on Novel Coronavirus (COVID-19)
November 3, 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

Consider celebrating the holidays at home this year, health officials urge

Health Commissioner Mark Levine, MD, said at Tuesday's press conference, that as cases of COVID-19 surge nationally and encroach on our region, Vermonters should consider avoiding travel this year if they can.

"We know that social gatherings — often among trusted family and friends — are a driving force behind much of the virus' spread right now nationwide," Dr. Levine said. "Adding the element of travel to the mix only makes it more risky."

He added that the same message applies to having guests from out-of-state in your home. Because the vast majority of the Vermont's travel map is red and yellow, those visitors would need to quarantine.

"I want to emphasize that quarantining in someone else's home does NOT just mean you can't go out to the store," Dr. Levine said.

If guests are in quarantine they should: wear a mask in common spaces, use a separate bathroom, eat separately (important to note if a Thanksgiving meal is being planned), stay 6 feet apart, and otherwise not be in close contact with other household members.

Dr. Levine also praised Vermonters for their creative and safe Halloween celebrations over the past weekend. But he acknowledged that some people may have ended up in a more crowded gathering, at a party or in a bar.

"If that's the case, I'm not here to yell at you – we are all human," he said. "But please know that it's not too late to protect people around you. Consider staying closer to home for a

while and avoid seeing anyone who's at higher risk for COVID-19. And after seven days have passed, it's a good idea to get tested – so you might want to plan that out now."

Officials also announced the release of new COVID-19 guidance Tuesday:
- Vermont Ski Resort COVID-19 Winter Operations Guidance
- Winter Sports Programs for the 2020-2021 School Year

New on healthvermont.gov

The average number of "close contacts" per case of COVID-19 is 3.4 since the beginning of the pandemic. But that number has increased over time, and the average for the week of Oct. 18 was 4.4 contacts per case. Learn more about close contacts and why these numbers matter in our latest Weekly Data Summary Spotlight.

Case Information

Current COVID-19 Activity in Vermont
As of 12 p.m. on November 3, 2020

Description	Number
New cases*	19 (2,237 total)
Currently hospitalized	3
Hospitalized in ICU	3
Hospitalized under investigation	0
Percent Positive (7 day average)	0.5%
People tested	190,127
Total tests	416,146
Total people recovered	1,833
Deaths+	58
Travelers monitored	256
Contacts monitored	137
People completed monitoring	10,474

* 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
- **Mental Health:** A Strong and Healthy Start: Social, Emotional and Mental Health Supports During COVID-19
- **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.