



## Daily Update on Novel Coronavirus (COVID-19) November 4, 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)

### **Holiday Travel Messaging Toolkit for Schools**

With the holidays approaching, schools may be planning to communicate with their communities about the risk of travel. The Health Department has developed a [Holiday Travel Toolkit for Schools](#) for use in helping to encourage families to consider their plans carefully to protect one another.

The toolkit includes: travel questions families can ask themselves, information on how to acknowledge the challenges of the difficult decisions about whether and how to travel, considering alternatives to travel or hosting guests, and ideas for social media and newsletters.

Found at [healthvermont.gov/covid-19-schools](https://healthvermont.gov/covid-19-schools), this new toolkit can help everyone to make informed choices based on the risk of getting or spreading the virus.

### **New on healthvermont.gov**

Vermont has run an average 3.4 “close contacts” per case of COVID-19 since the beginning of the pandemic. But that number has increased over time, with the average of 4.4 contacts per case for the week of Oct. 18. 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 4, 2020

Description	Number
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New cases*	27 (2,267 total)
Currently hospitalized	4
Hospitalized in ICU	4
Hospitalized under investigation	4
Percent Positive (7 day average)	0.5%
People tested	191,087
Total tests	418,799
Total people recovered	1,870
Deaths+	58
Travelers monitored	256
Contacts monitored	148
People completed monitoring	10,358

\* 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).

### 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](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](#)

- **Sports:** [Winter Sports Programs for the 2020-2021 School Year](#)
- **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](#)

## **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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Information for the public can be found at <https://healthvermont.gov/covid19>.