



Daily Update on Novel Coronavirus (COVID-19) November 5, 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

New on healthvermont.gov

We’ve reorganized our COVID-19 web pages, making them even easier for people to find the information, guidance and data they need and want!

The pages are shorter and more focused by topic, so users can find what they’re looking for more quickly and will make it easier for people to dig deeply into our resources. The pages will also be more responsive to search engines – delivering results more effectively to anyone who searches for Vermont’s COVID-19 information.

Take a minute to check out the changes at healthvermont.gov/covid19.

Case Information

Current COVID-19 Activity in Vermont
As of 12 p.m. on November 5, 2020

Description	Number
New cases*	35 (2,303 total)
Currently hospitalized	5
Hospitalized in ICU	4
Hospitalized under investigation	2
Percent Positive (7 day average)	0.6%
People tested	192,027
Total tests	424,422

Total people recovered	1,888
Deaths+	58
Travelers monitored	270
Contacts monitored	158
People completed monitoring	10,377

* 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 data at: 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 & Child Care 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 the [Your Community 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.

Visit [VT Helplink](#) to get connected to Alcohol and Drug Support Services.

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

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