



Daily Update on Novel Coronavirus (COVID-19) November 9, 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

Take Action to Prevent Spread of COVID-19 as Case Numbers Increase

The Vermont Department of Health on Sunday reported 43 new cases of COVID-19 – the largest one-day new case report since early last spring. On Saturday, health officials reported the state’s 59th death associated with COVID-19, the first since July 28, 2020.

As the state experiences a steady increase in cases, Vermonters are strongly urged to avoid unnecessary travel, including for the upcoming holidays, and to limit the size of gatherings to 10 or fewer people.

If you have attended an event with people who are not in your usual social circle, including post-election gatherings over the past weekend, please avoid close contact with others and consider getting tested.

You can get tested now – as well as 7 days after the event or gathering. To see options for testing near you, please go to healthvermont.gov/covid19testing. Call your health care provider if, at any point you develop any symptoms.

[Read the press release.](#)

New on healthvermont.gov

The Health Department has developed a Holiday Travel Toolkit for Schools to help families consider their plans carefully to protect themselves and others this holiday season. The toolkit offers resources to help Vermonters evaluate risk and tips for talking with family and friends about COVID safety. It can be found on the [PreK-12 Schools page](#), under “Guidance.”

About 2% of people with COVID-19 in Vermont have a neurological condition or intellectual disability. The majority of them tend to be older. Learn more about COVID-19 cases among people with neurological conditions and intellectual disabilities in the latest [Weekly Data Summary Spotlight](#).

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! 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 9, 2020

Description	Number
New cases*	23 (2,415 total)
Currently hospitalized	4
Hospitalized in ICU	1
Hospitalized under investigation	4
Percent Positive (7-day average)	0.7%
People tested	194,794
Total tests	446,327
Total people recovered	1,931
Deaths+	59
Travelers monitored	256
Contacts monitored	221
People completed monitoring	10,533

* 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](#).

#

Media Contact: CV19media@vermont.gov

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