



Daily Update on Novel Coronavirus (COVID-19) November 10, 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

State Officials Announce Quarantine Is Now Required for All Non-Essential Travel

State officials announced Tuesday that as of today, Vermont will temporarily require a 14-day quarantine for all non-essential travel, increase compliance checks and expand testing, Actions being taken as cases and hospitalizations rise in Vermont and throughout the country.

The latest modeling showed a 34% increase in cases in the Northeast since last week and cases are averaging 112,500 per day nationally. While Vermont continues to have the lowest positivity rate in the country, cases rose 46% this week. Hospitalizations are also rising in Vermont.

“I cannot say this enough,” said Health Commissioner Mark Levine, MD. “To stop the spread, to protect each other, we need to act now. We are on the threshold — the decisions we make today will truly determine our future.”

The cross-state travel map has been suspended, officials said. That means anyone traveling or returning to Vermont must quarantine for 14 days (or 7 days followed by a negative COVID-19 test) — no matter where they are coming from or traveling to. Essential travel is still exempt from quarantine rules, including for school, work, personal safety, medical care, care of others, parental shared custody, or for food, beverage or medicine.

The State will also increase outreach and education to assess and encourage compliance with the public health guidance. The Vermont State Police, Division of Fire Safety and Department of Liquor and Lottery will resume compliance assessments and educational efforts at lodging facilities, bars and restaurants. The Department of Public Safety will also

distribute COVID-19 safety cards during traffic stops to help inform drivers of the travel policy and other safety protocols.

Finally, Vermont is expanding its testing program through a contract with CIC Health of Cambridge, MA and developing a plan to offer testing every day of the week at locations throughout the state.

It will also increase surveillance testing, which tests asymptomatic populations, to find the virus in the community more quickly. To establish a baseline, the State will offer testing to K-12 teachers and staff during the week of November 16. This approach will help identify cases – particularly cases that never develop symptoms – thereby helping to reduce the risk of clusters or outbreaks and supporting efforts to sustain and expand in-person learning for students.

[Read the press release.](#)

New on healthvermont.gov

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 10, 2020

Description	Number
New cases*	46 (2,462 total)
Currently hospitalized	12
Hospitalized in ICU	4
Hospitalized under investigation	3
Percent Positive (7-day average)	0.7%
People tested	195,455
Total tests	447,581
Total people recovered	1,936
Deaths+	59
Travelers monitored	207

Contacts monitored	230
People completed monitoring	10,611

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