



Daily Update on Novel Coronavirus (COVID-19) November 18, 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

What You Need to Know Now

Vermont is seeing a surge in cases of COVID-19. Here’s what you need to know now to help stop the spread:

- **Do not get together or socialize with anyone you don’t live with.** There is an exception for those who live alone – they may gather with members of their immediate family.
- **Avoid travel when possible,** even within Vermont. Anyone who does travel to or from Vermont must quarantine. The only exception is for [essential travel](#).
- **Wear a mask.**
- **If you’re sick, stay home.**
- **Get tested** if you have any symptoms, are a close contact of a case, or have been in a social gathering or other risky situation.
- **Get your flu shot!** Stay as healthy as you can!

See all our health guidance: healthvermont.gov/covid-19

New on healthvermont.gov

Get the latest news and updates on Health’s COVID-19 response. Sign up for our new [Weekly COVID-19 Update Email](#). It will be sent every Friday starting Nov. 20.

Learn more about the percentage of COVID-19 cases who reported travel to or from Vermont up to 14 days before symptoms started (or if they had no symptoms, the date they were tested) in the latest [Weekly Data Summary Spotlight](#).

Case Information

Current COVID-19 Activity in Vermont

As of 12 p.m. on November 18, 2020

Description	Number
New cases*	51 (3,161 total)
Currently hospitalized	17
Hospitalized in ICU	2
Hospitalized under investigation	1
Percent Positive (7-day average)	1.9%
People tested	202,721
Total tests	482,325
Total people recovered	2,135
Deaths+	60
Travelers monitored	206
Contacts monitored	168
People completed monitoring	10,746

* 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.

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
- [Hospital visitation guidance](#): updated Nov. 16.

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](#).

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>.