



Daily Update on Novel Coronavirus (COVID-19) **November 19, 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 Care of Your Emotional and Mental Health

Living with uncertainty during the outbreak of COVID-19 is stressful for everyone. But you can help yourself, and others, get through this challenging time.

Be Kind to Yourself:

It’s normal for an outbreak to be stressful. Let’s be kind to ourselves when feelings of anxiety or isolation increase. We can treat ourselves as kindly as we treat loved ones.

Identify the Source of Your Anxiety:

What specifically is worrying? Is it the uncertainty, the health risk to ourselves or our loved ones, or our financial burdens? Identifying specific concerns can help us get distance and feel less overwhelmed.

Let Your Anxiety Be a Unifying Force:

Connect with others, asking for what you need and offer help. Use technology to make connections.

Self-care is Key:

Taking time for ourselves is even harder when faced with an emergency. It may feel like just one more thing to do. But taking a walk, practicing [stress reduction techniques](#) — like yoga or mindfulness — or reading a fun book or article can shift our mood.

Maintain Healthy Routines:

Having our day-to-day practices disrupted or even ended for a while can be a source of anxiety. Starting today, we can create new routines that support our well-being. Adding fun activities and exercise to our new routines can help alleviate isolation and disruption.

For more tips and resources visit our [Coping With Stress](#) web page.

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](#).

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 traveling 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 at a social gathering or other risky situation.
- [Get your flu shot!](#) Stay as healthy as you can!

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 19, 2020

Description	Number
New cases*	148 (3,310 total)
Currently hospitalized	17

Hospitalized in ICU	1
Hospitalized under investigation	1
Percent Positive (7-day average)	2.1%
People tested	205,694
Total tests	492,865
Total people recovered	2,157
Deaths+	61
Travelers monitored	210
Contacts monitored	160
People completed monitoring	10,761

* 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](#).

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

