



## Daily Update on Novel Coronavirus (COVID-19) November 20, 2020

New or updated information is in red and bold.

This update is available online at [healthvermont.gov/covid19](https://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](https://healthvermont.gov/covid19)

### State officials clarify ban on social gatherings

At Friday’s press conference, Governor Phil Scott added further clarification to the state’s prohibition of social gatherings in the [newest executive order](#). Under the order, you are not allowed to gather with people you don’t live with. This includes all inside and outside social, recreational and entertainment gatherings, and in public and private spaces.

There is an exception for people who live alone. They may gather with people who live in one other household. Gov. Scott announced additional allowances Friday:

- People can take in and shelter those from another household who are living in a dangerous, unhealthy or otherwise unsafe situation.
- You can do outdoor fitness activities with one other person from another household. However, both of you must stay at least 6 feet away from each other and wear a mask at all times. For example, you can bike, hike, walk or run with one of your neighbors.

As daily cases of COVID-19 continue to reach new heights, Health Commissioner Mark Levine, MD, said we can still contain the virus, but we need Vermonters’ help.

“Avoiding social gatherings, limiting non-essential travel, quarantining when necessary, and taking prevention steps will help stem this rising tide — but only if Vermonters follow the guidance,” Dr. Levine said. “It’s too soon to see the impact... But with a little patience, and a lot of compliance, I am hopeful we can make a difference.”

## 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.

## Case Information

Current COVID-19 Activity in Vermont  
As of 12 p.m. on November 20, 2020

Description	Number
New cases*	146 (3,459 total)
Currently hospitalized	18
Hospitalized in ICU	1
Hospitalized under investigation	4
Percent Positive (7-day average)	2%
People tested	207,016
Total tests	497,906
Total people recovered	2,205
Deaths+	62
Travelers monitored	221
Contacts monitored	158
People completed monitoring	10,778

\* 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](https://healthvermont.gov/currentactivity).

### **Guidance for Vermonters and Businesses**

- Health information, guidance and data: [healthvermont.gov/covid19](https://healthvermont.gov/covid19)
- By sector guidance: [accd.vermont.gov/covid-19](https://accd.vermont.gov/covid-19)
- Travel map and modeling: [dfr.vermont.gov/about-us/covid-19/modeling](https://dfr.vermont.gov/about-us/covid-19/modeling)
- Governor's actions: [governor.vermont.gov/covid19response](https://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](https://healthvermont.gov/suicide).

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

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](#).

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