



Daily Update on Novel Coronavirus (COVID-19) November 23, 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.

There will be no Daily Update on Nov. 26 or 27, due to the Thanksgiving holiday.

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 (see more details and allowances [here](#)).
- Avoid traveling when possible, even within Vermont. Anyone travel to or from Vermont must quarantine. The only exception is for [essential travel](#).
- Wear a mask
- If you’re sick, stay home.
- Not everyone with COVID-19 has a fever. Even mild symptoms (like a sore throat or dry cough) could be signs of COVID-19. [Get tested](#) and stay home while waiting for your result.
- Also seek testing if you are a close contact of a case, or have been at a social gathering or other risky situation.

Think you’ve been in close contact with someone with COVID-19?

Here’s what you need to do right away:

- Quarantine. This means staying home and away from others, unless you need to leave for medical care.
- Watch yourself for symptoms. If you start to feel sick, call your provider.

- Remain in quarantine until either you test negative on or after day 7 and remain symptom-free, or until day 14 of quarantine and remain symptom-free.

[Learn more.](#)

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 23, 2020

Description	Number
New cases*	85 (3,714 total)
Currently hospitalized	18
Hospitalized in ICU	3
Hospitalized under investigation	1
Percent Positive (7-day average)	1.6%
People tested	215,433
Total tests	523,227
Total people recovered	2,300
Deaths+	63
Travelers monitored	193
Contacts monitored	115
People completed monitoring	10,924

* 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.

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>.