



## **Daily Update on Novel Coronavirus (COVID-19) November 25, 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.

***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](https://healthvermont.gov/covid19)

### **Happy Thanksgiving from Dr. Levine**

Health Commissioner Mark Levine, MD, asked Vermonters at Tuesday’s press conference to find joy in a smaller Thanksgiving celebration at home within our own households.

“We can still make Thanksgiving special: Learn to cook a new dish, or teach someone else how to do it,” Dr. Levine said. “Some may enjoy not having to cook. Think of everyone you would normally look forward to seeing and give them a call.”

He also urged Vermonters to keep in mind those who may be in need this holiday season due to job loss or food insecurity. Consider sharing with others, such as via donations to local food banks.

“But for everyone, be thankful for what you can — Gratitude can help you feel more positive emotions, relish good experiences, improve your health, deal with adversity and build strong relationships. And maybe think about next Thanksgiving, when we will look back on this year knowing we have done the right thing.”

### **Holiday messaging toolkit for schools updated**

The [Holiday Travel Toolkit](#) has been revised to include the latest guidance on gathering, travel and quarantine. Schools can use these messages to share with their communities.

## COVID-19 Response Holiday Schedule

Many Health Department teams will be working through the Thanksgiving holiday, including the laboratory staff, contact tracing and other critical response teams. We are appreciative and most thankful for their dedication.

However, some data updates will be paused for the holiday:

The [Vermont Dashboard](#) will not be updated on Thanksgiving Day (Nov. 26). It will be updated the following day, Friday, Nov. 27.

The following data reports, which would normally be updated on Friday, Nov. 27, will instead be updated the following week:

- [Weekly Data Summary](#) (Next Update: Dec. 4)
- [Map of cases by town](#) (Next Update: Dec. 4)
- [COVID-19 Cases in Vermont K-12 Learning Communities While Infectious](#) (Next Update: Dec. 1)

## 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 who travels 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.

## 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 25, 2020

Description	Number
New cases*	81

	(3,827 total)
Currently hospitalized	20
Hospitalized in ICU	5
Hospitalized under investigation	4
Percent Positive (7-day average)	1.4%
People tested	218,607
Total tests	533,135
Total people recovered	2,374
Deaths+	64
Travelers monitored	197
Contacts monitored	97
People completed monitoring	11,000

\* 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)
- Sector guidance: [accd.vermont.gov/covid-19](https://accd.vermont.gov/covid-19)
- 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)

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>.