



Daily Update on Novel Coronavirus (COVID-19) September 10, 2020

New 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

World Suicide Prevention Day

This has been a year of extraordinary stress. People are anxious, feeling isolated and have pressures that can be difficult to navigate. All of which, for too many, may contribute to factors that may lead to thoughts of self-harm. As of September 4, there have been **72 [suicide deaths in Vermont](#)** this year.

To honor the friends, loved ones and fellow Vermonters we have lost to suicide, and all who have been affected, we are observing World Suicide Prevention Day by recommitting to a comprehensive public health approach to preventing suicide in Vermont.

Suicide is preventable. And it’s critical that people who are struggling – often in private – know that they matter, and help is available.

Asking someone about suicide or talking about it, *does not* increase the risk of suicide. Whatever the concern, it is especially important to talk with – and listen to – children, teens and young adults early, and offer help when someone may be struggling or comes to you.

If you or someone you know is thinking about or planning to take their own life, there is help day or night:

- Call the National Suicide Prevention Hotline at 800-273-8255. Counselors are available 24/7 to provide free and confidential support.
- In an emergency, you can also call 9-1-1 or go to your nearest emergency department. Visit vtspc.org/suicide-resources/get-help/ for additional resources.
- Text the Crisis Text Line – text "VT" to 741741. Get immediate counseling and support through text messaging.

- Trevor Lifeline: LGBTQ Crisis Lifeline: 1-866-488-7368
- Veteran's Crisis Line: 1-800-273-8255 Press 1
- 10 community mental health centers located around the state offer crisis services and ongoing supports. Go to mentalhealth.vermont.gov/individuals-and-families.

For more actions we can all take to prevent suicide, visit BeThe1To.com.

Case Information

Current COVID-19 Activity in Vermont
As of 12 p.m. on September 10, 2020

Description	Number
Total cases*	1,661 (3 new)
Currently hospitalized	1
Hospitalized under investigation	4
Total people recovered	1,480
Deaths+	58
People tested	147,306
Travelers monitored	552
Contacts monitored	59
People completed monitoring	8,103

* 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 at the data dashboard: healthvermont.gov/currentactivity.

Guidance for Vermonters

Get the information you need at our [Frequently Asked Questions](#).

- If you are having a medical emergency, call 9-1-1 or go to the hospital.
- If you think you have [symptoms of COVID-19](#), call your health care provider.
- Maintain physical distancing of at least 6 feet and [wear a mask when near others](#).

Getting Tested for COVID-19

Anyone can get tested, but not everyone *needs* to get tested.

Talk with your health care provider If you think you should be tested for COVID-19.

- If you don't have a provider, dial 2-1-1, or contact the nearest [federally qualified health center](#) or one of Vermont's [free & referral clinics](#).

[Visit our testing web page](#) for more guidance and where to get tested if you do need it.

Return to School Guidance

Schools: [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](#)

Sports: [Fall Sports Programs for the 2020-2021 School Year](#)

Child care: [Health Guidance for Child Care and Out of School Care](#) (updated 8/31)

Find additional resources on our [Schools, Colleges and Child Care Programs web page](#).

Traveler Information

Visit our [Travel to Vermont](#) web page for continually updated information and guidance, including about quarantine requirements, testing, and to [sign up with Sara Alert for symptom check reminders](#).

Business Guidance

Visit the [Agency of Commerce and Community Development's website](#) for "Work Safe" guidance.

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.

Get self-help tips and connect to mental health services at [COVID Support VT](#).

See ways for [Coping with Stress](#).

For more information:

- COVID-19 health information, guidance and case data: healthvermont.gov/covid19
- Governor's actions: governor.vermont.gov/covid19response
- The state's modeling: dfr.vermont.gov/about-us/covid-19/modeling

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Media Contact: CV19media@vermont.gov

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