



Daily Update on Novel Coronavirus (COVID-19) **September 22, 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

Vermont schools doing well to prevent spread of COVID-19

Health Commissioner Mark Levine, MD said at Tuesday’s press conference that although Vermont has seen a small number of COVID-19 cases in schools, none of the people who tested positive got the virus due to being in school.

“Based on our investigations, all had been exposed prior to classes beginning,” Dr. Levine said. “Even if they were potentially infectious for a day in school, adherence to physical distancing and masking guidance have been, and remain critical strategies for students and staff to continue adhering to.”

When there is a case in a school, we will act quickly to investigate the situation and take all appropriate steps to contain its spread, Dr. Levine said. He added a message to parents, caregivers and school personnel:

“Any cases of the virus in your school is not a failure on your part, any more than your child getting sick at home is a failure. It is the nature of this virus to be easily transmitted from person to person. We are all doing our level best to prevent its spread.... and no person or school should be singled out to be blamed or stigmatized.”

Dr. Levine also reminded caregivers to be aware of any possible [symptoms](#) that may be outside the norm for your child – a headache or cough or congestion, however mild. Keep them home, and if the symptoms persist, call your child’s pediatrician for advice. COVID-19 symptoms can include:

- **Fever (100.4 F or higher)**
- **Cough**

- Shortness of breath or difficulty breathing
- Chills
- Fatigue
- Muscle pain or aches
- Headache
- Sore throat
- New loss of taste or smell
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Secretary of Education Daniel French also announced all schools will be placed in Step III of the [safety and health guidance](#) as of Saturday, Sept. 26. This will allow schools “additional flexibility” on how to implement the rules, he said. Read the guidance for more details.

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.

Vermont’s [travel map](#), which displays those counties from which travelers to Vermont may need to quarantine, is now updated each Tuesday.

COVID-19 Testing Data for Colleges/Universities and Schools

PreK-12 Schools: A table of School-Based COVID-19 Transmission is now available at healthvermont.gov/currentactivity.

Colleges/Universities: The Department of Financial Regulation’s [School Reopening web page](#) now includes links to each Vermont college and university with information about their COVID-19 testing results.

Case Information

Current COVID-19 Activity in Vermont
As of 12 p.m. on September 22, 2020

Description	Number
Total cases*	1,721 (2 new)
Currently hospitalized	1
Hospitalized under investigation	0
Total people recovered	1,557
Deaths+	58
People tested	157,341

Travelers monitored	431
Contacts monitored	39
People completed monitoring	8,683

* 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](#)

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

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