Daily Update on Novel Coronavirus (COVID-19)
October 2, 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

Few COVID-19 Cases Tied to Bennington Golf Event

Health Commissioner Mark Levine, MD, said at Friday's press conference that a small number of COVID-19 cases have been connected to a Bennington golf tournament held over the weekend of September 19. Despite the currently limited number of cases, Dr. Levine said this is yet another reminder "that despite all our good work here in Vermont, things can and will change quickly if we're not careful."

As of Friday morning, there are five total cases associated with the event, three of which are Vermont residents.

Health teams have provided isolation guidance for them and have identified close contacts so they can quarantine — to prevent further spread of the virus.

"We consider others who attended the event to have a lower risk of being exposed to the virus, but because of the number of people involved, we did reach out yesterday evening to attendees to let them know of this low-risk exposure," Dr. Levine said.

The Health Department asked the more than 80 people who attended the Fall Foliage Tournament at Mount Anthony Country Club to closely follow our prevention guidance, including staying home if they feel sick and calling their health care provider if they develop symptoms. The department is also asking the attendees to consider getting tested for COVID-19, even if they don't have symptoms.

Dr. Levine thanked the organizers of the event for their cooperation and support in our investigation.

He also reminded anyone who is planning to go out or attend an event to first take a moment to think about whether:
- you'll be able to maintain six foot spacing
- everyone will be wearing masks
- the event will be crowded, even if outdoors.

"Keeping all of these factors in the front of your mind will help you lower your own personal risk," Dr. Levine said.

Testing Guidance Update

Health Department has issued updated guidance to the state's health care providers and facilities regarding the use of COVID-19 antigen testing in Vermont. Read the FAQ: What is an antigen test?

Dr. Levine emphasized that there are several types of tests, each with its own appropriate use. But while testing is a critical tool to find the virus and prevent its spread, "testing is not prevention," he said. "Test results give you a snapshot in time of whether you have the virus," said Dr. Levine. "To protect yourself and the people around you from getting COVID-19, you need to seriously follow the guidance."

New on healthvermont.gov

Collecting data from emergency departments and urgent care centers can identify potential COVID-19 clusters or spikes in the community early on. In our latest Weekly Data Summary Spotlight on Syndromic Surveillance, learn more about this data, including when we've seen such increases and who is visiting emergency departments and urgent care centers for COVID-like illness.

Time to Get Your Flu Shot

It's more important than ever to get your flu shot this year — when both flu viruses and the new coronavirus may be spreading at the same time.

There is no shortage of flu vaccine this year. Many health care providers and pharmacies have doses available, and if they don't yet, they will soon.

Who should get a flu shot? Anyone over 6 months old, with rare exceptions. And it's especially important for anyone in a high-risk group or who has underlying health conditions.

Where can I get my flu shot? Through your provider, your local pharmacy, or look for a clinic near you. If you don't have insurance, reach out to your local health office.

Find where to get a flu shot near you: healthvermont.gov/flu.

Case Information

Current COVID-19 Activity in Vermont

Description	Number
Total cases*	1,768 (13 new)
Currently hospitalized	0
Hospitalized under investigation	1
Total people recovered	1,611
Deaths+	58
People tested	164,859
Travelers monitored	544
Contacts monitored	43
People completed monitoring	8,971

* 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.

Return to School Guidance

All schools are now in Step III of the safety and health guidance. Read the guidance for more details: Strong and Healthy Start: Safety and Health Guidance for Vermont Schools
Questions about what this change means? Read Strong and Healthy Start FAQ: Transitioning From Step II to Step III.

Additional guidance includes:

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.

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.

The cross-state travel map is now updated each Tuesday.

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.

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.