

## Daily Update on Novel Coronavirus (COVID-19) October 7, 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.

Please visit the Vermont Department of Health’s COVID-19 web and data pages  
[healthvermont.gov/covid19](https://healthvermont.gov/covid19)

### Check out our new contact tracing resources!

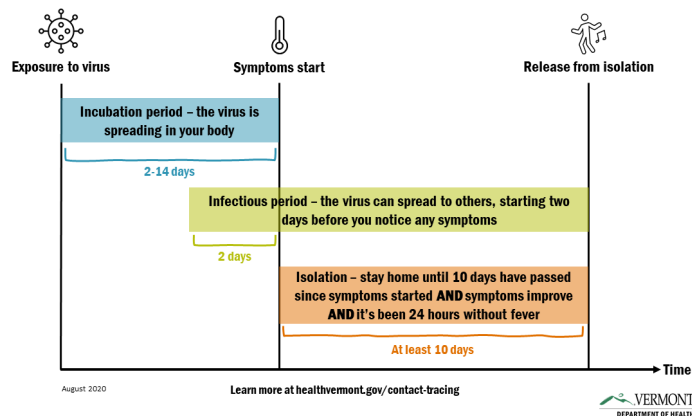
Eight months into the pandemic, terms that were once unfamiliar have become a part of our everyday language – contact tracing, infectious periods, serology, quarantine. We are always working on resources to help Vermonters understand exactly what these terms mean.

Start by checking our new video [How Contact Tracing Slows the Spread of COVID-19](#). The video explains what contact tracers do and why it’s important to answer their call!

We’ve also added three different visual timelines to the [contact tracing section of our website](#) that show important dates for cases and close contacts:

- [Timeline for people who test positive and have symptoms](#)
- [Timeline for people who test positive but do not have symptoms](#)
- [Timeline for people who are close contacts with someone who has tested positive](#)

Timeline for People with COVID-19 who have Symptoms



## New on [healthvermont.gov](http://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

Flu vaccine continues to arrive in the state, and your local pharmacies and providers don't yet have a supply, they will soon.

It's especially important this year for everyone who can get their flu shot, to do it — when both flu viruses and the new coronavirus may be spreading at the same time.

Who should get a flu shot?

- Anyone over 6 months old, with rare exceptions
- People in a [high-risk group](#) or who has underlying health conditions

Where can I get my flu shot?

- From your health care provider
- At your local pharmacy
- At a flu clinic near you

Go to [healthvermont.gov/flu](http://healthvermont.gov/flu) to learn more about the flu, the vaccine and find where to get a flu shot near you.

## Case Information

Current COVID-19 Activity in Vermont  
As of 12 p.m. on October 7, 2020

Description	Number
Total cases*	1,827 (6 new)
Currently hospitalized	1
Hospitalized under investigation	0
Total people recovered	1,635
Deaths+	58
People tested	168,021
Travelers monitored	565
Contacts monitored	54
People completed monitoring	9,207

\* 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](https://healthvermont.gov/currentactivity).

## Guidance for Vermonters and Businesses

- 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.

### Key Guidance:

- **Health information, guidance and data:** [healthvermont.gov/covid19](https://healthvermont.gov/covid19)
- **By sector guidance:** [accd.vermont.gov/covid-19](https://accd.vermont.gov/covid-19)
- **Travel map and 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](#).

## Return to School Guidance

- **Strong and Healthy Start:** [Safety and Health Guidance for Vermont Schools](#)
  - [Strong and Healthy Start FAQ: Transitioning from Step II to Step III](#)
- **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](#)

More 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.

### **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).

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

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

# # #

**Media Contact:** [CV19media@vermont.gov](mailto:CV19media@vermont.gov)

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