Daily Update on Novel Coronavirus (COVID-19)
October 28, 2020

New or updated 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

What’s the Difference Between COVID-19 and the Flu?
Influenza (flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses.

One important difference is that we have a vaccine for the flu! It’s more important than ever to get your flu shot this year – when flu viruses and the new coronavirus are spreading at the same time.

Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. Flu and COVID-19 share many characteristics, but key differences include:

- COVID-19 seems to spread more easily than flu and causes more serious illnesses in some people.
- It can take longer before people show symptoms of COVID-19, and people can be contagious with the COVID-19 virus for longer.

Learn more about the similarities and differences from the Centers for Disease Control and Prevention.

We encourage everyone older than 6 months old (with rare exceptions) — and especially people in a high-risk group or who have underlying health conditions — to get their flu vaccine. Learn more about the flu and find a flu shot.
Case Information
Current COVID-19 Activity in Vermont
As of 12 p.m. on October 28, 2020

<table>
<thead>
<tr>
<th>Description</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total cases*</td>
<td>2,120</td>
</tr>
<tr>
<td>(6 new)</td>
<td></td>
</tr>
<tr>
<td>Currently hospitalized</td>
<td>7</td>
</tr>
<tr>
<td>Hospitalized under investigation</td>
<td>1</td>
</tr>
<tr>
<td>Total people recovered</td>
<td>1,768</td>
</tr>
<tr>
<td>Deaths+</td>
<td>58</td>
</tr>
<tr>
<td>People tested</td>
<td>187,037</td>
</tr>
<tr>
<td>Travelers monitored</td>
<td>378</td>
</tr>
<tr>
<td>Contacts monitored</td>
<td>128</td>
</tr>
<tr>
<td>People completed monitoring</td>
<td>10,213</td>
</tr>
</tbody>
</table>

* 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 Long-Term Care Facilities and Adult Day Programs
Find guidance for long-term care facilities and adult day programs, on the Department of Disabilities, Aging, and Independent Living's Restart Vermont web page.

Guidance for Vermonters and Businesses
- Health information, guidance and data: healthvermont.gov/covid19
- By sector guidance: accd.vermont.gov/covid-19
- Travel map and modeling: dfr.vermont.gov/about-us/covid-19/modeling
- Governor’s actions: governor.vermont.gov/covid19response

Get the information you need at our Frequently Asked Questions.

School Guidance
- Strong and Healthy Start: Safety and Health Guidance for Vermont Schools (updated 10/23)
• **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 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 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](#).

Get self-help tips and connect to mental health services at [COVID Support VT](#). See ways for [Coping with Stress](#).

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**Media Contact:** CV19media@vermont.gov

Information for the public can be found at [https://healthvermont.gov/covid19](https://healthvermont.gov/covid19).