Daily Update on Novel Coronavirus (COVID-19)
September 16, 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

Make sure your family is prepared for emergencies
September is National Preparedness Month, a good time to make sure we’re ready in case of an emergency or disaster. The coronavirus pandemic puts into perspective just how unpredictable disasters are and how far-reaching their impact can be.

If you don’t have a supplies kit, it’s a good time to make one — including food, water and other essential items to last for several days. Consider your family’s unique needs, such as medications or supplies for pets. If you already have a kit, make sure to add items to protect you and your family from COVID-19, such as face masks and hand sanitizer.

Learn more at ready.gov/kit and cdc.gov/prepyourhealth.

College and University COVID-19 Testing Data
The Department of Financial Regulation’s School Reopening web page now includes links to each Vermont college and university that is currently maintaining a public dashboard or otherwise publicly maintaining information regarding their COVID-19 testing results.

Case Information
Current COVID-19 Activity in Vermont
As of 12 p.m. on September 16, 2020

<table>
<thead>
<tr>
<th>Description</th>
<th>Number</th>
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<tbody>
<tr>
<td>Total cases*</td>
<td>1,702</td>
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<td>(1 new)</td>
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Currently hospitalized 3
Hospitalized under investigation 3
Total people recovered 1,530
Deaths+ 58
People tested 152,064
Travelers monitored 453
Contacts monitored 31
People completed monitoring 8,426

* 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.

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](http://agencyofcommerce.com) 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](http://healthvermont.gov/suicide).

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

**For more information:**
- COVID-19 health information, guidance and case data: [healthvermont.gov/covid19](http://healthvermont.gov/covid19)
- Governor’s actions: [governor.vermont.gov/covid19response](http://governor.vermont.gov/covid19response)
- The state’s modeling: [dfr.vermont.gov/about-us/covid-19/modeling](http://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](https://healthvermont.gov/covid19).