Daily Update on Novel Coronavirus (COVID-19)
November 18, 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 You Need to Know Now
Vermont is seeing a surge in cases of COVID-19. Here’s what you need to know now to help stop the spread:

• **Do not get together or socialize with anyone you don’t live with.** There is an exception for those who live alone — they may gather with members of their immediate family.
• **Avoid travel when possible,** even within Vermont. Anyone who does travel to or from Vermont must quarantine. The only exception is for **essential travel.**
• **Wear a mask.**
• **If you’re sick, stay home.**
• **Get tested** if you have any symptoms, are a close contact of a case, or have been in a social gathering or other risky situation.
• **Get your flu shot!** Stay as healthy as you can!

See all our health guidance: healthvermont.gov/covid-19

New on healthvermont.gov
Get the latest news and updates on Health’s COVID-19 response. Sign up for our new **Weekly COVID-19 Update Email.** It will be sent every Friday starting Nov. 20.

Learn more about the percentage of COVID-19 cases who reported travel to or from Vermont up to 14 days before symptoms started (or if they had no symptoms, the date they were tested) in the latest **Weekly Data Summary Spotlight.**
Case Information
Current COVID-19 Activity in Vermont
As of 12 p.m. on November 18, 2020

<table>
<thead>
<tr>
<th>Description</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>New cases*</td>
<td>51 (3,161 total)</td>
</tr>
<tr>
<td>Currently hospitalized</td>
<td>17</td>
</tr>
<tr>
<td>Hospitalized in ICU</td>
<td>2</td>
</tr>
<tr>
<td>Hospitalized under investigation</td>
<td>1</td>
</tr>
<tr>
<td>Percent Positive (7-day average)</td>
<td>1.9%</td>
</tr>
<tr>
<td>People tested</td>
<td>202,721</td>
</tr>
<tr>
<td>Total tests</td>
<td>482,325</td>
</tr>
<tr>
<td>Total people recovered</td>
<td>2,135</td>
</tr>
<tr>
<td>Deaths+</td>
<td>60</td>
</tr>
<tr>
<td>Travelers monitored</td>
<td>206</td>
</tr>
<tr>
<td>Contacts monitored</td>
<td>168</td>
</tr>
<tr>
<td>People completed monitoring</td>
<td>10,746</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 data at: healthvermont.gov/currentactivity.

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
- Hospital visitation guidance: updated Nov. 16.

Get the information you need at our Frequently Asked Questions.

School & Child Care Guidance
- 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](#)
  • **Child care:** [Health Guidance for Child Care and Out of School Care](#)

More resources on the [Your Community web page](#).

**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](#).

Visit [VT Helplink](#) to get connected to Alcohol and Drug Support Services.
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).