



Daily Update on Novel Coronavirus (COVID-19) **August 5, 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

Planning for the College Year

Among the more complicated undertakings for pandemic response, are the efforts by Vermont’s universities and colleges – large and small – to prepare for welcoming back their students and staff. Health Department and other state agencies have been working closely with these secondary education institutions, providing guidance and information to assist in their planning.

College and university teams have been working fast and well to figure out the logistics and procedures to educate, house and feed students, to keep them and their employees healthy, and to accommodate sports and other activities.

Many have been rolling out communications that help students and families know what to expect for check-in, testing and any quarantine requirements. For an excellent example, check out [this video produced by Norwich University](#).

Prepare Now – For Any Emergency

Yesterday’s rain and winds from Tropical Storm Isaias resulted in downed lines, power outages and some flooding. All of which is a reminder of the importance of being prepared for emergencies. Something that now must take pandemic preparedness into account.

Readiness is key! Take the time now to be sure you have supplies, including masks and medications, that may be harder to find following a storm or other emergency. Make a plan for where you can go if you can’t be home, and what you will need to do to keep from getting or spreading COVID-19.

Visit our [emergency preparedness pages](#) for information, guidance and resources in [multiple languages](#), including how to prepare an emergency kit.

And sign up now for [VT Alerts](#), so you get the latest as it happens.

Case Information

Current COVID-19 Activity in Vermont

As of 12 p.m. on August 5, 2020

Description	Number
Total cases*	1,436 (5 new)
Currently hospitalized	1
Hospitalized under investigation	8
Total people recovered	1,254
Deaths+	57
People tested	98,990
Travelers monitored	988
Contacts monitored	20
People completed monitoring	5,703

* 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.

Getting Tested for COVID-19

Not everyone needs to be tested for COVID-19. Use [CDC's Self-Checker tool](#) to find out if you should be tested.

If you think you may need to get tested, talk with your health care provider, or call 2-1-1 if you don't have a provider and need to be connected to care.

If you do need testing, look for a clinic or pharmacy that offers testing near you, or register at a pop-up location.

- [See how to get tested and to make an appointment.](#)

Guidance for Vermonters

- If you are having a medical emergency, call 9-1-1 or go to the hospital.
- If you are having even mild [symptoms of COVID-19](#), call your health care provider.
- Maintain physical distancing of at least 6 feet and [wear a mask when near others](#).
- Get the information you need at our [Frequently Asked Questions](#).

Traveler Information

Stay up to date on [guidance, recommendations and requirements associated with travel to Vermont](#).

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](#).
- 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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Media Contact: CV19media@vermont.gov

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