



## Daily Update on Novel Coronavirus (COVID-19) August 6, 2020

New 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)

### **Children and Masks**

Halloween is one thing, but when it comes to preventing the spread of COVID-19 among children, masks are serious business, and one size does not fit all.

Face coverings should be worn in settings where children and adults cannot keep a distance of 6 feet between themselves and others. This includes childcare settings, summer camps and schools.

The Health Department has a [two-page fact sheet](#) that gives people the information they need about the use of masks to help protect children.

Keeping a 6-foot distance can be hard for kids used to running around and playing with each other. In settings where distancing is a challenge, children ages 2 and older should wear a mask. Make sure the mask size is the right fit and teach kids how to safely put on and remove the mask, as well as instruct them on proper hand washing to stop the spread of germs.

Children under the age of 2 should not wear a mask, because it may present a choking hazard, and the youngsters may not be able to communicate that they are having trouble breathing. The unique needs of each child are also a factor. Children who have medical (such as asthma) or developmental reasons for not wearing a face covering, should not be required to do so.

Review our [Face Coverings for Children fact sheet](#) for more information, including safety tips about what masks are appropriate and advice for helping children adapt to mask use.

## Prepare Now – For Any Emergency

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 6, 2020

Description	Number
Total cases*	1,445 (9 new)
Currently hospitalized	1
Hospitalized under investigation	5
Total people recovered	1,258
Deaths+	58
People tested	100,052
Travelers monitored	1,025
Contacts monitored	30
People completed monitoring	5,739

\* 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).

## 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](https://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](https://healthvermont.gov/covid19).
- Governor's actions: [governor.vermont.gov/covid19response](https://governor.vermont.gov/covid19response).
- The state's modeling: [dfr.vermont.gov/about-us/covid-19/modeling](https://dfr.vermont.gov/about-us/covid-19/modeling).

# # #

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

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