

Vermont Department of Health Daily Update on Novel Coronavirus (COVID-19) April 9, 2020

New information is in red

Find this update on healthvermont.gov/covid19 by clicking the “See the Latest Update” button.

Please visit and share the Vermont Department of Health’s new COVID-19 web pages, including the new data dashboard for an in-depth picture of COVID-19 activity in Vermont at healthvermont.gov/covid19. Visitors can access the dashboard by clicking on the map of Vermont.

Public Health Response

ALERTS

CORONAVIRUS (COVID-19)

DISEASE OUTBREAKS

ENVIRONMENTAL CONTAMINATION

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SAFE NEEDLE DISPOSAL IN VERMONT

PLANS & REPORTS

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CORONAVIRUS (COVID-19)

WHAT YOU NEED TO KNOW NOW

Stay Home, Stay Safe – Please leave home only for essentials, like food or exercise. When out, keep a safe distance of six feet between yourself and others. Your efforts are making a difference in slowing the spread of the virus.

If You Are Sick – Stay home and contact your health care provider online or by phone. Do not go to the hospital, except in a life-threatening situation. Use the [CDC Self Checker Tool](#) to review your symptoms. Read [what to do if you are sick](#).

Wear a Cloth Mask – If you need to leave your home for an essential purpose or will be near other people, wear a cloth mask over your mouth and nose. Since COVID-19 may be transmitted by someone who does not have symptoms, a mask helps you protect others. You must still practice social distancing, wash your hands and avoid touching your face. [Learn more about how to use and make cloth masks.](#)

People Coming to Vermont – Residents and non-residents coming to Vermont – for anything other than an essential purpose – should quarantine at home for 14 days. [Learn more about what the Stay Home, Stay Safe order means to Vermonters.](#)

If You Smoke or Vape – There has never been a better time to quit. Find resources at [802Quits](#).

[SEE THE LATEST UPDATE](#)

See current activity in Vermont

Guidance about Face Masks

The Health Department’s new guidance around face masks is available in [a two-page fact sheet](#). It includes examples of when to wear one and when you don’t need to wear one, as well as how to wear it properly and clean it regularly.

In summary, the Health Department recommends that all Vermonters wear cloth face coverings when outside of the home to help slow the spread of COVID-19. This advice is based on new data about how COVID-19 can spread before a person has any symptoms.

A mask helps protect others around you if you are infected and don’t know it. A face covering is one more important precaution we can take to help slow the spread of COVID-19 – it is not a substitute for physical distancing and other prevention measures. You still need to stay at least 6 feet away from people, even when wearing a face covering.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those types of masks are critical supplies that must be reserved for our health care workers and first responders.

[Watch a video](#) of the U.S. Surgeon General on how to make your own face covering using items around the house.

How to Enjoy the Outdoors Safely

Spring in Vermont is great – so take the proper precautions and go outside. The Agency of Natural Resources has provided guidance for how Vermonters can enjoy the outdoors and fresh air while keeping yourself and others safe:

- Stay close to home.
- Practice social distancing outside.
- Be cautious and choosing low-risk activities to avoid injury.
- Respect signs for closed areas, trails and land.
- Check regularly for ticks and wear EPA-registered tick repellents.

For more info: <https://fpr.vermont.gov/recreation/outdoor-recreation-and-covid-19> and healthvermont.gov/BeTickSmart

Vermont's Response

Medical surge preparations

Medical surge locations are being prepared for a surge of COVID-19 patients and the need for additional hospital and medical capacity. [Read more details in the press release.](#)

Forecasting of COVID-19 cases

State officials continue to project the “peak” of cases in Vermont to be between mid-to-late April and early May.

Volunteering

We still need your help! Please sign up to support the state's COVID-19 response: <https://vermont.gov/volunteer>. The website directs those with medical and healthcare skills to the Medical Reserve Corp (MRC), and those with other needed skills to a quick registration process to sign up to help.

Have medical supplies to donate? Visit the [COVID-19 Donations site](#).

Travel Restrictions

Residents and non-residents coming to Vermont from outside the state – for anything other than an essential purpose – should home-quarantine for 14 days. Travel to Vermont by anyone from a COVID-19 “hot spot” is strongly discouraged at this time. [Read the Governor's order](#) and the [press release](#).

Lodging Operations

Lodging facilities – which includes hotels, motels, bed and breakfasts, inns, short term rentals (e.g. VRBO, HomeAway, Airbnb, etc.), and all public and private camping facilities and RV parks – are to be closed except for exemptions when supporting the state's COVID-19 response. Online lodging reservations are also suspended.

Testing

The Department of Health continues to work to expand COVID-19 testing to a broader group of Vermonters – including those who have mild to moderate symptoms – to help increase contact tracing efforts and prevent the virus from spreading.

Vermonters can be tested in the following locations:

- At hospitals statewide
- The Island Pond Health Center in Island Pond
- The Champlain Islands Health Center in South Hero
- The Wells River Health Center in Wells River

Additional sites will be opened as the needs are determined.

IMPORTANT: Everyone must have a referral from their provider in order to be tested.

- CALL your health care provider to be evaluated so the provider can determine if you need a test.
- DO NOT go to a testing site without an order from your provider.
- Patients who are NOT experiencing symptoms will not be tested.

Health care providers are encouraged to order a test for patients with symptoms, and can visit healthvermont.gov/covid19-providers for more information.

Case Information

Current COVID-19 Activity in Vermont

As of 11:00 a.m. on April 9, 2020

Total cases*	628
Currently hospitalized	33
Hospitalized under investigation	44
Deaths+	23
Total tests	8,181
People being monitored	47
People completed monitoring	777

*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 as they are able.

The new data dashboard provides an in-depth picture of COVID-19 activity in Vermont at healthvermont.gov/covid19. Visitors to the page can access the dashboard by clicking on the map of Vermont.

Guidance for Vermonters

When to call:

- **If you have questions:** Dial 2-1-1. If you have trouble reaching 2-1-1, dial 1-866-652-4636. You can also use the [Ask a Question](#) tool on healthvermont.gov.
- **If you are sick or concerned about your health:** Call your health care provider by phone. Do not go to the hospital, except in a life-threatening situation.

If you are ill, call your health care provider. Testing is not treatment and not everyone needs to be tested. *Do not call 2-1-1 or the Health Department about testing.*

If you are or someone you know is in crisis

Feeling anxious, confused, overwhelmed or powerless is common during an infectious disease outbreak.

If you or someone you know needs emotional support: Call the [National Suicide Prevention Lifeline](#) at 1-800-273-8255. Trained helpers are available 24/7. Or text VT to 741741 to talk to someone at the [Crisis Text Line](#).

For more information visit healthvermont.gov/suicide.

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