



Daily Update on Novel Coronavirus (COVID-19) May 1, 2020

New information is in red

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

Please visit the Vermont Department of Health’s updated COVID-19 web pages — including the new data dashboard: healthvermont.gov/covid19.

The path to restart Vermont

As [modeling](#) showed continued progress in slowing the spread of COVID-19, Governor Phil Scott Friday announced a third incremental, evidence-based step forward to put Vermonters back to work. Among the changes in the [new addendum](#):

- Certain businesses can operate with a maximum of 10 employees if they can comply with health and safety requirements.
- Those businesses must adopt a specific training program which must be made available upon request.
- Employees must be pre-screened before each work shift, including temperature checks and survey to verify each employee has no symptoms of respiratory illness.
- Businesses and non-profit and government entities may require customers or clients to wear masks, and all commuters are required to wear a mask while using mass transit.

[Read the press release](#) for more details. View the [memo to business](#) for specific safety guidelines and protocols, as well as additional resources, at acd.vermont.gov.

Gov. Scott emphasized that the virus does not respect borders, and that surrounding states are still confronting massive outbreaks — highlighting the need for all of us to be smart, cautious and disciplined as we continue taking steps to move forward.

We Still Have a Long Way to Go

Acknowledging the progress that we have made so far has been steady, but is fragile, Health Commissioner Mark Levine, MD said it is important that we avoid a rush to resume close in-person contacts, which could allow the virus to thrive. The state is closely monitoring the data and trends for how soon we can start to safely reconnect face-to-face.

Dr. Levine also noted that the CDC has [expanded its list of COVID-19 symptoms](#) to watch for.

In addition to fever, cough and shortness of breath, symptoms may include:

- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

If you have these symptoms, call your health care provider.

Green Up Day

Gov. Phil Scott noted that Green Up Day, when Vermonters traditionally come together to clean up miles of Vermont roads, would normally have taken place Saturday. The Governor urged anyone out walking or hiking this weekend to bring along a bag or two and help keep the state green. Remember to maintain physical distancing and to wear your mask.

WIC program is still open and ready to serve Vermonters

The Vermont Department of Health [WIC Program](#), and other public programs, remain. Vermont WIC provides healthy foods, nutrition education, and breastfeeding support to pregnant and postpartum Vermonters and infants and children up to their 5th birthday. Good nutrition and WIC foods help to support a strong immune system.

If you are pregnant, postpartum, or are the caregiver for an infant or child under 5, [apply today](#). Medical providers, with patient permission, can [refer patients to WIC here](#).

- All appointments are being done by phone. WIC staff are primarily working remotely.
- WIC has expanded its approved foods list to make it easier to find WIC foods in the grocery store.
- WIC is beginning to offer breastfeeding classes online.

If your family financial circumstances have changed due to a job loss or reduced hours, you could be eligible for WIC. [Apply today](#). For more information on food access, visit hungerfreevt.org/coronavirus.

New on healthvermont.gov

An updated map **by town** of Vermonters who have tested positive for COVID-19 has been added at healthvermont.gov/covid19 (*click on the map of Vermont*), in addition to a list of Frequently Asked Questions specific to the map.

The data reflects lab-confirmed cases of COVID-19 among Vermont residents, by their town of residence. All case data is preliminary and is updated as new information comes in.

Residents of a long-term care facility or inmates at a correctional facility are counted in the town where the facility is located when they were tested. The map has been updated to reflect that 38 cases at Northwest State Correctional Facility initially counted in Swanton (the facility's mailing address) are now listed under St. Albans Town (physical location).

The map does not represent people with active infections, and no town is "safe" from COVID-19 regardless of how many – or few – lab confirmed cases are listed. We know the virus is in our communities and we should continue to follow stay home orders and health guidance to slow the spread of COVID-19 – no matter what town we live in.

Accessing Emergency Care

Vermont hospitals are safe. If you are having symptoms of a serious medical condition, such as heart attack or stroke, it is important to get medical care right away. Call 9-1-1, go to the emergency room, or call your doctor if your symptoms are not life threatening.

Use Cleaning Products Safely

Please make sure you are using cleaning products and disinfectants safely. The EPA has issued [guidance about disinfectant product use](#). Always follow the product's directions. Do not ingest disinfectant products, and never apply them to yourself or others.

You can chat with the [Northern New England Poison Control Center](#) on their website, call 1-800-222-1222 or text POISON to 85511.

Volunteering

Please sign up to support the state's COVID-19 response: <https://vermont.gov/volunteer>. Have medical supplies to donate? Visit the [COVID-19 Donations site](#).

Case Information

Current COVID-19 Activity in Vermont
As of 11:00 a.m. on May 1, 2020

Total cases*	879
Currently hospitalized	11
Hospitalized under investigation	8
Deaths+	50
Total tests	16,233
People being monitored	20
People completed monitoring	833

*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 information on new data dashboard at healthvermont.gov/covid19 by clicking on the map of Vermont.

Guidance for Vermonters

Who to contact:

- If you are having a medical emergency, call 9-1-1 or go to the hospital.
- If you are having [symptoms of COVID-19](#), call your health care provider.
- Most information is online: Visit our regularly updated [Frequently Asked Questions](#). You can also type in a question to our [Ask A Question tool](#).
- If you still have health-related COVID-19 questions, call the Health Department at 802-863-7240. Calls are answered 8 a.m. to 6 p.m. seven days a week. Outside those hours, leave a message and your call will be returned.
- For non-health related questions, dial 2-1-1. If you have trouble reaching 2-1-1, dial 1-866-652-4636.

Testing

Vermont continues its work to increase and strengthen its testing and contact tracing programs. As the state begins to restart the economy, this will allow us to quickly identify and isolate outbreaks, and better understand COVID-19 in Vermont. [Read the April 29 press release.](#)

Vermonters can be tested at hospital locations statewide and health centers in Island Pond, South Hero and Wells River. Additional sites will be opened as needed.

- 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.
- 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.

Protect Yourself and Others Near You

We still need to physically distance ourselves from one another and follow other health guidance. Keep 6 feet between you and others, and give each other a wide berth when walking or biking. It is also more important than ever to make wearing cloth face coverings a habit whenever we leave home. [Learn more about why and how we need to wear masks.](#)

Enjoy the Outdoors Safely

Going outdoors for air and exercise is encouraged when you take the proper precautions. For more outdoors info visit: <https://fpr.vermont.gov/recreation/outdoor-recreation-and-covid-19> and remember, the ticks are out! Be Tick Smart: healthvermont.gov/BeTickSmart.

Take Care of Your Emotional and Mental Health

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

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Media Contact:

Ben Truman

Vermont Department of Health

802-951-5153 / 802-863-7281

CV19media@vermont.gov