



Daily Update on Novel Coronavirus (COVID-19) May 4, 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

Governor Phil Scott on Monday announced that limited [elective medical procedures could resume](#). These procedures had been put on hold as Vermont’s health care system focused on preparing for, and responding to, COVID-19.

The Governor’s decision comes as state modeling continues to show spread of COVID-19 has slowed – thanks to Vermonters’ physical distancing efforts – and the [state’s ability to track and trace outbreaks of COVID-19 has become more robust](#).

Health care providers that meet specific criteria to protect patients and clinicians from possible infection, can begin non-essential outpatient clinic visits, diagnostic imaging and outpatient surgeries and procedures.

Some examples include:

- A process to screen patients, staff and essential visitors for COVID-19-related symptoms
- Staff must use protective equipment and supplies, and patients and companions must wear mouth and nose coverings when in public areas.
- Patient companions are permitted only if required for direct patient assistance.
- Waiting room chairs must be spaced to require a minimum of six-feet physical distancing.
- Providers must have signage to emphasize social restrictions, access to hand sanitizer, and written procedures for disinfection of common areas.

Providers may also begin to perform outpatient surgeries and procedures that have a minimal impact on inpatient hospital bed capacity and protective equipment levels,

including those performed in the office or ambulatory surgical center. They must follow additional criteria.

Some examples include:

- Testing patients for COVID-19 for procedures requiring airway management.
- Implement a plan for the periodic testing of healthcare workers who may come into contact with a patient.

For more details, [read the press release](#).

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.

Regardless of how many – or few – lab confirmed cases are listed, we know the virus is in our communities. Everyone should continue to follow stay home orders and health guidance to slow the spread of COVID-19 – no matter what town we live in.

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 online 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 4, 2020

Total cases*	902
Currently hospitalized	8
Hospitalized under investigation	7

Deaths+	52
Total tests	17,332
People being monitored	12
People completed monitoring	841

*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

The Centers for Disease Control 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.

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. **Please always wear a face covering when going to a hospital, health care provider or Emergency Department.**

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](#).

New question added today:

- **Can ticks or mosquitoes spread the COVID-19 virus?**
- If you still have health-related COVID-19 questions, call the Health Department at 802-863-7240. Calls are answered 7:45 a.m. to 4:30 p.m. Mon.-Fri., and 10 a.m.

to 3 p.m. on weekends. If your call is not answered, 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.

Keep a Distance and Wear a Mask to Protect Yourself and Others

We still need to physically distance ourselves from one another and follow other health guidance. Keep 6 feet between you and other people, and give each other a wide berth when walking or biking. 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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