



## Daily Update on Novel Coronavirus (COVID-19) May 5, 2020

New information is in red

Find this update at [healthvermont.gov/covid19](https://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](https://healthvermont.gov/covid19).

### **Vermonters with mild symptoms of COVID-19 can be tested**

The Health Department is encouraging all Vermonters with even mild symptoms to contact their health care provider to get tested. This includes parents of children who have symptoms that could be related to COVID-19.

Your provider will refer you to a hospital or health center near you that can perform the test. Testing is free, and testing sites are following precautions to make sure you are safe. If you don’t have a health care provider, call 2-1-1 to connect with a [community or hospital-connected clinic](#).

Be sure you [know the symptoms associated with COVID-19](#), which have been expanded by the Centers for Disease Control and Prevention.

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

Health care professionals are urged to ensure Vermonters with any symptoms be tested. The state is expanding its [testing and contact tracing capabilities](#) and is ready with the necessary supplies and resources. We are relying on health care professionals to help achieve this important public health goal. Visit [healthvermont.gov/covid19-providers](https://healthvermont.gov/covid19-providers) for more information.

By being tested for any associated symptoms, Vermonters can help us quickly identify and isolate outbreaks, and better understand COVID-19 in Vermont.

### **Northeast Kingdom EMS units join Health Department for COVID-19 testing**

On Wednesday, May 6, Health Department staff will team up with local Emergency Medical Service units in the first of ongoing collaborative efforts statewide to increase COVID-19 testing capacity.

The members of the Newport and CalEx EMS who have been trained will work alongside the department's local health clinical team to collect specimens from each other and from area health care providers at a clinic outside the Newport Ambulance Service (830 Union St. in Newport) from 11 a.m. to 4 p.m.

The press is invited to observe and film/photograph the clinic while respecting patient privacy.

The Northeast Kingdom EMS units are among 10 around the state that are completing Health Department training and orientation to conduct specimen collection for COVID-19 testing wherever in the state it is needed. The units will supplement Health teams in settings such as long-term care facilities. EMS professionals may also provide mobile specimen collection for those who are unable to travel to testing sites.

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

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](#).

### **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 5, 2020

|                                  |        |
|----------------------------------|--------|
| Total cases*                     | 907    |
| Currently hospitalized           | 8      |
| Hospitalized under investigation | 25     |
| Deaths+                          | 52     |
| Total tests                      | 17,518 |
| People being monitored           | 20     |

\*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](https://healthvermont.gov/covid19) by clicking on the map of Vermont.

## Guidance for Vermonters

### Accessing Emergency Care

Vermont hospitals are safe. If you are having symptoms of a serious medical condition, such as heart attack or stroke, seek medical care right away. 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](#).
- If you still have health-related COVID-19 questions, call the Health Department at 802-863-7240.
- For non-health related questions, dial 2-1-1 or 1-866-652-4636.

### 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](https://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](https://healthvermont.gov/suicide).

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