



Daily Update on Novel Coronavirus (COVID-19) May 12, 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 and data pages healthvermont.gov/covid19.

COVID-19 Testing Sites Open to Vermonters Without Symptoms

Vermont health officials are offering free COVID-19 testing at pop-up testing sites around the state for any Vermonters without symptoms. 256 people had specimens collected for testing at a pop-up site in Bennington today.

We welcome health care workers, first responders (EMS, fire, and law enforcement), child care providers, people returning to Vermont (on day 7 of their quarantine), and any other Vermonter without symptoms who wants to be tested.

The clinics are part of the state’s efforts to ramp up testing and prevent the spread of COVID-19. The test will tell you if you have a current infection. It is not a serology/antibody test, which means it will not tell you if you were infected in the past.

The clinics will be held from 9 a.m.- 3 p.m. at the following locations:

- Thursday, May 14: Brattleboro Union High School, 131 Fairground Road, Brattleboro
- Saturday, May 16: Upper Valley Aquatic Center, 100 Arboretum Lane, White River Jct.
- Saturday, May 16: Vermont Public Health Laboratory, 359 South Park Drive, Colchester

Additional sites are planned, with details to come:

Monday, May 18 – Rutland

Tuesday, May 19 – Barre

Wednesday, May 20 – Middlebury and St. Albans

Thursday, May 21 – Newport

Friday, May 22 – Springfield and Morrisville

Saturday, May 23 – St. Johnsbury

Please register for the clinics ahead of time at humanresources.vermont.gov/popups. No referral from a health care provider is needed for the pop-up sites.

Vermonters with who do have symptoms, even if they are mild, should call their health care provider to be referred to a testing site.

Quarantine Guidance for People Returning to Vermont

If you are a returning Vermonter — including those who spend winter outside of Vermont, second home owners, college students — you are required to [self-quarantine for 14 days](#).

If you are without COVID-19 symptoms at day 7 of your quarantine, you can be tested at one of the pop-up clinics being conducted around the state. If your test is negative, you can end your quarantine period, as long as you still have no symptoms.

Learn more at <https://www.healthvermont.gov/covid19>.

Vermonters with mild symptoms of COVID-19 can be tested

All Vermonters *with even mild symptoms* are encouraged to call 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 for the free testing. The sites. If you don't have a health care provider call 2-1-1 to connect with a [community or hospital-connected clinic](#).

[Know the symptoms associated with COVID-19.](#)

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

We are relying on health care professionals to help achieve this important public health goal. Visit healthvermont.gov/covid19-providers for more information.

The path to restart Vermont

Governor Phil Scott announced a gradual reopening of the retail sector starting on May 18. Stores will be required to stay under 25% of their maximum legal capacity and follow health and safety guidelines developed by the Agency of Commerce and Community Development. Stores must meet the same guidelines developed for other businesses and nonprofits so far, including:

- All employees must wear a face covering (customers are encouraged to wear them as well).

- Maintain a distance of 6 feet between people.
- Conduct health and safety training.

Child care centers can reopen June 1 and summer day camps will be able to open this summer, provided they can follow safety guidelines expected to be issued this week. Education officials have also provided [guidance on end-of-the-year gatherings](#). Large gatherings will not be permitted through the end of the school year, and events should be virtual.

Vermonters can now participate in outdoor recreation and limited social interactions under strict health and safety precautions. [Read the Governor's May 6 press release](#). [Review the Health Department's guidelines](#) on how to weigh the risks and connect with family and friends safely.

Keep a list of your close contacts

As the state slowly reopens, Vermonters should consider keeping a contact journal – a list of other people who you have been in close contact with each day. If you did get sick, this would make it easier to get in touch with those people and so they can take proper precautions to prevent further spread of COVID-19.

New on healthvermont.gov

The Health Department has posted a new [Weekly Summary of Vermont COVID-19 Data](#) to help tell a more in-depth story of how the virus has impacted people in our state. Among the data in the report are:

- Prevalence of symptoms
- Testing trends
- Information about hospitalizations
- Cases associated with outbreaks
- Effect on people with preexisting conditions
- Demographic data

The summary includes data from March 5 to May 7, 2020 and will be updated every Friday.

Our data dashboard on healthvermont.gov/covid19 now includes the estimated number of people who have recovered from COVID-19.

We calculate this recovery estimate in two ways:

- 1) People who have tested positive for COVID-19 report they have recovered to our investigation teams during their follow-up calls.
- 2) Thirty days or more have passed since the date the person's illness began. (If that information is not available, we use the date the positive test is reported to the Health Department.)

Read more info about our data by clicking on *About Dashboard Data – New Questions on People Recovered* – above the data dashboard.

Case Information

[Current COVID-19 Activity in Vermont](#)

As of 11:00 a.m. on May 12, 2020

Total cases*	927
Currently hospitalized	5
Hospitalized under investigation	13
Total people recovered	787
Deaths+	53
Total tests	21,262
People being monitored	25
People completed monitoring	849

*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.
- For non-health related questions, dial 2-1-1 or 1-866-652-4636.

Keep a Distance and Wear a Mask

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.](#)

Enjoying the outdoors? Remember to take the [usual precautions](#) to stay safe and healthy. Ticks are out, so make sure you know how to Be Tick Smart: healthvermont.gov/BeTickSmart.

For more outdoors information, visit: <https://fpr.vermont.gov/recreation/outdoor-recreation-and-covid-19>

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.

Correction

At the press conference on Monday, incorrect information was provided about whether people who are pregnant should wear face covering. They should.

Certain people, such as children under the age of 2, should not wear a mask or other face covering. Everyone else, however, should wear a face covering when going out and may be near others.

The CDC offers [information and recommendations](#) for people who are pregnant.

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