



## Daily Update on Novel Coronavirus (COVID-19) May 13, 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 and data pages [healthvermont.gov/covid19](https://healthvermont.gov/covid19).

### **Governor calls for Vermonters to remember that the virus is the enemy, not each other**

Governor Phil Scott on Wednesday described an incident in which a family of Vermonters with New York license plates were accosted and told they did not belong here and that the Governor did not want them here.

“This is not OK,” he said, “We can be neighborly and compassionate and still stay safe,” Gov. Scott emphasized that while tourism may be limited right now, those with family here or who must travel, are welcome. Anyone coming to Vermont must quarantine for 14 days, but our borders are not closed.

The Governor said he is also concerned that the individual who was harassed was a person of color.

“This virus cannot be used as an excuse for bigotry or hatred,” he said. “The common enemy is the virus, not each other.”

### **Make Wearing a Mask a Habit**

Gov. Scott and Health Commissioner Mark Levine, MD reiterated the importance of wearing face coverings as Vermont gradually reopens. Recent evidence indicates masks do seem to reduce respiratory droplet transmission, Dr. Levine said, but compliance must be high for this strategy to work. Taking our mask with us when we go out is as important as is taking our car keys and wallets.

Even with a mask, we still need to keep 6 feet between ourselves and other people. [Learn more about why and how we need to wear masks.](#)

### **Vermonters Without COVID-19 Symptoms Can Get Tested at Pop Up Sites**

State health officials announced that Vermonters who do not have symptoms of COVID-19 can be tested for the virus at one of the pop-up testing sites around the state.

Eleven sites are currently scheduled to collect specimens from asymptomatic Vermonters, as well as from health care workers, first responders, child care providers, and people returning to Vermont – such as college students, people who winter out of state and second home owners. The sites are led by Health Department teams, with support from EMS units and members of the Vermont National Guard.

All test sites operate from 9:00 a.m. to 3:00 p.m.

**Thursday, May 14**

Brattleboro — Brattleboro Union High School, 131 Fairground Rd.

**Saturday, May 16**

White River Jct. — Upper Valley Aquatic Center, 100 Arboretum Ln.

Colchester — Vermont Public Health Laboratory, 359 South Park Drive

**Monday, May 18**

Rutland — Rutland High School, 22 Stratton Rd.

**Tuesday, May 19**

Barre — Barre Memorial Auditorium, 16 Auditorium Hill

**Wednesday, May 20**

Middlebury — American Legion Post 27, 49 Wilson Rd.

St. Albans — Collins Perley Sports Complex, 890 Fairfax Rd.

**Thursday, May 21**

Newport — North Country Union High School, 209 Veterans Ave.

**Friday, May 22**

Springfield — Springfield High School, 303 South Street

Morrisville — Capstone Community Action, 250 Industrial Park, Morristown

**Saturday, May 23**

St. Johnsbury — Lyndon Town School, 2591 Lily Pond Rd., Lyndonville

Please register for the clinics ahead of time at [humanresources.vermont.gov/popups](https://humanresources.vermont.gov/popups).

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.

Vermonters who do have symptoms should call their health care provider to be referred for testing.

**Quarantine Guidance for People Returning to Vermont**

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

If, during your quarantine, you have not had symptoms of COVID-19: On or after Day 7 you can be tested at one of the pop-up testing sites. If your test is negative, you can end your quarantine period, as long as you continue to 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.

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](#).

We are relying on health care professionals to help achieve this important public health goal. Visit [healthvermont.gov/covid19-providers](https://www.healthvermont.gov/covid19-providers) for more information.

### **The path to restart Vermont**

State officials on Wednesday released guidance for Vermont childcare, summer and afterschool programs that are or will open during the COVID-19 pandemic.

Read the [Health Guidance for Childcare Programs, Summer Programs and Afterschool Programs](#).

The state earlier announced targets for reopening and accompanying health and safety restrictions and guidance: Retail sector on May 18, child care centers on June 1, and day camps this summer. Education officials have also provided [guidance on end-of-the-year gatherings](#).

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**

Health officials suggest that Vermonters keep a journal of contacts – a list of other people with whom you have been in close contact with each day. If you get sick, this will make it easier to get in touch with those people and so they can take precautions to prevent further spread of COVID-19, including being tested if recommended.

**New on [healthvermont.gov](https://www.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 will be updated every Friday.

Our data dashboard on [healthvermont.gov/covid19](http://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 13, 2020

Total cases*	927
Currently hospitalized	5
Hospitalized under investigation	12
Total people recovered	789
Deaths+	53
Total tests	21,676
People being monitored	27
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](https://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.

### Food Distribution

Meals will be distributed to those in need throughout the month of May, starting Friday May 15 in Berlin. Food will include FEMA meal boxes, along with produce, chicken, and dairy products. For the full list of locations and details visit: <https://vem.vermont.gov/pods>

### Stay Safe While 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](https://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](https://healthvermont.gov/suicide).

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