Daily Update on Novel Coronavirus (COVID-19)
May 14, 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.

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

Anyone who lives or works in Vermont and does not have symptoms of COVID-19 can be tested for the virus at pop-up testing sites around the state.

We encourage 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 – to consider being tested. 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.

Please register for an appointment time at humanresources.vermont.gov/popups.

PLEASE NOTE: Some sites are full, but you can still register on the waitlist to receive information of any future clinics that may be scheduled in your area.

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

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 with even mild symptoms of COVID-19 can be tested – with doctor's referral
People with even mild symptoms are encouraged to call their health care provider to get tested. This includes parents of children who have possible symptoms.

If you don't have a health care provider: Dial 2-1-1 to connect with a community or hospital-connected clinic.

Quarantine Guidance for People Returning to Vermont
If you are 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.

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
State officials have 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

The Health Department now posts a 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. The summary 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 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 14, 2020

Total cases*	932
Currently hospitalized	5
Hospitalized under investigation	13
Total people recovered	792
Deaths+	53
Total tests	22,505
People being monitored	27
People completed monitoring	851

*Includes testing conducted at the Health Department Laboratory, commercial labs and other public health labs.

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.

Make Wearing a Mask a Habit
As Vermont gradually opens, wearing face coverings is more important than ever. Recent evidence indicates masks do seem to reduce respiratory droplet transmission, 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.

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.

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.

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