



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

Be Smart, Stay Safe

Although the data continues to show Vermont is doing well in its efforts to slow the spread of COVID-19, we cannot let our guard down. As Vermont slowly reopens, physical distancing from others, wearing face coverings and handwashing continue to be essential.

Stay Safe While Enjoying the Outdoors

With the weather improving, remember to [take precautions](#) to stay safe and healthy.

- [Be Tick Smart](#) - Check yourself for ticks after you go outside! Use an EPA-registered insect repellent on skin and treat clothes with permethrin.
- Enjoy wildlife from a distance - Wild animals, like raccoons, skunks, bats, fox, and woodchucks can carry [rabies](#). Call the Rabies Hotline at 1-800-4-RABIES if you see an animal that you think needs help or is acting suspicious.
- [Stay safe in the sun](#) - Apply a thick layer of broad-spectrum sunscreen with an SPF of 30 or higher, even on cloudy or overcast days. Wear protective gear like a hat with a wide brim, sunglasses that block UVA and UVB rays, and long-sleeves and pants when you can.

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

Testing Information

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

The Health Department, with support from EMS units and members of the Vermont National Guard, is testing people in Vermont who do not have symptoms of COVID-19 at pop-up testing sites around the state. Most sites are now full, but you can fill out [this form](#) to receive information of any future clinics that may be scheduled in your area.

Find locations and register for appointments that are left at humanresources.vermont.gov/popups.

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.

Vermonters With Even Mild Symptoms Should Call Their Doctor to Be Tested

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. Your health care provider will ensure you receive proper care and treatment.

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

New on healthvermont.gov

Have you seen the Health Department's [Weekly Summary of Vermont COVID-19 Data](#)? Take a deeper dive into data on how the virus has impacted people in our state. The summary is updated every Friday.

Our data dashboard on healthvermont.gov/covid19 now includes the estimated number of people who have recovered from COVID-19. Read more about our data by clicking on **About Dashboard Data – New Questions on People Recovered** – above the data dashboard.

NOTE on the data dashboard: As of May 16, the total testing numbers decreased by about 1,000 due to a change in reporting data. The “total tests” number no longer includes serology tests (also known as antibody tests) that were being reported by some labs. The "total test" number now only reflects people who were tested for a current COVID-19 infection.

Case Information

Current COVID-19 Activity in Vermont

As of 11:00 a.m. on May 19, 2020

Total cases*	944
Currently hospitalized	3
Hospitalized under investigation	21
Total people recovered	820
Deaths+	54
Total tests	24,591
People being monitored	29
People completed monitoring	861

*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.

Food Distribution

The Vermont Foodbank and the Vermont National will be handing out meals to those in need throughout May and June. Supplies at each site are limited. For the full list of locations and details visit: <https://vem.vermont.gov/pods>

Interact with Family and Friends Safely

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

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.](#)

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.

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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