



Daily Update on Novel Coronavirus (COVID-19) May 26, 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 as the Weather Warms Up

It’s hot out there! Because our bodies are still adjusting to warmer temperatures, anyone who is active outside should start slowly, drink more fluids than usual, take extra breaks in the shade or cool places indoors. Check in on loved ones or neighbors who live alone virtually or by phone. If you need to stop by their home, remember to keep your distance and wear a facial covering.

- Wear sunscreen with an SPF of 30 or higher, even on cloudy days. Protect yourself with a hat with a wide brim, sunglasses and long-sleeves and pants when you can.
- Always wear a life jacket for boating and water sports. Use extra caution if you get in the water – temperatures are still cold.
- Check yourself for ticks after you go outside! Use an EPA-registered insect repellent on skin and treat clothes with permethrin. [Be Tick Smart!](#)
- Keep away from wild animals like raccoons, skunks, bats, fox, and woodchucks that 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.
- Never leave children, people with disabilities, older adults, or pets in parked vehicles. Look Before You Lock!

[Read the May 21 press release.](#)

It’s All About You

If the pandemic is teaching us anything, it’s how each of our personal decisions and actions can make a difference. There’s a reason we are flattening the curve, and we encourage Vermonters to take a moment to reflect and recommit – How did things go this past holiday weekend? What worked well for any gatherings and outdoor activities, and what needs some tweaking to better keep yourself and others safe from the virus?

See how to [weigh the risks and connect](#) with family and friends safely.

As you enjoy what spring and summer has to offer, keep up the good work - remember to keep a physical distance of at least 6 feet between yourself and others who are not part of your household, and wear a face covering in more crowded areas.

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

Testing Information

More COVID-19 Pop-Up Test Sites Open for Asymptomatic Vermonters

The Health Department has opened nearly two dozen additional pop-up sites located throughout the state to test people who do not have symptoms of COVID-19 for the virus.

Appointment slots are still available. Find locations and make an appointment to be tested at humanresources.vermont.gov/popups, or by calling 2-1-1 or 802-828-2828. All clinics operate from 9:00 a.m. to 3:00 p.m.

We especially 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.

[Read the press release.](#)

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](#).

Take Steps to Prevent Water Quality Issues Before Your Business Reopens

Owners and managers of buildings that have been closed in response to the COVID-19 pandemic are urged to take steps that can prevent illnesses associated with stagnant water in plumbing systems.

The Departments of Health and Environmental Conservation have set up a website where building and facility managers can access guidance and recommendations for actions to take before a building's drinking water is used again: <https://dec.vermont.gov/water/COVID-19-Response-and-Resources>

When buildings close, or are empty for long periods of time, it can affect drinking water quality and lead to health issues unrelated to the new coronavirus. Schools, offices, retail businesses, gyms and other buildings that are preparing to reopen their doors as Vermont begins to restart, should follow the state recommendations.

Stagnant water can lead to the growth of Legionella and other bacteria, which can cause Legionnaires' disease or other diseases. Stagnant water can also cause corrosion of plumbing – which can release metals such as lead and copper into the water – or lead to an increase in disinfection byproducts. [Read the May 21 press release.](#)

Case Information

Current COVID-19 Activity in Vermont
As of 11:00 a.m. on May 26, 2020

Total cases*	967
Currently hospitalized	1
Hospitalized under investigation	24
Total people recovered	848
Deaths+	54
People tested	30,423
People being monitored	30
People completed monitoring	878

*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 continue to distribute 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>

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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