



## **Daily Update on Novel Coronavirus (COVID-19) June 18, 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).

### **The Heat Is On**

The National Weather Service has forecast temperatures in areas of Vermont in excess of 90-degrees Fahrenheit over the next several days. These conditions create a serious risk for dangerous and sometimes deadly heat-related illnesses, such as heat stroke.

Hot weather [safety tips and information](#) are available from the Department of Health.

### **Supporting Mental Health and Substance Use Disorder Care**

Vermont has received a \$2 million federal emergency grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) for expanded services and supports. The funding will help ensure that people with mental health and substance use disorders can access care during the COVID-19 pandemic.

The COVID-19 pandemic disrupted many essential services, such as in-home supports and interventions, in-person recovery support, overdose prevention, detoxification and treatment, such as receiving medication assisted treatment (MAT) for opioid use disorder.

[Read the press release](#)

### **Restart Vermont**

On Wednesday, Governor Phil Scott announced several measures to gradually ease restrictions on Vermonters in long-term care facilities, hospitals and those over the age of 65.

In collaboration with the Department of Health and the Department of Disabilities, Aging and Independent Living, Vermont will begin a phased reopening of long-term care facilities.

Starting June 19, long-term care residential facilities can allow for up to two visitors per resident, per day. The visits must be conducted outside only and follow guidance for social distancing, temperature checks, and record keeping of all visitors.

[See the new guidance for long-term care facilities.](#)

Health Commissioner Mark Levine also announced Vermonters over the age of 65 will no longer be asked to stay home, but that they do need to take extra precautions when they go out, including:

- Choosing outdoor activities whenever possible and keeping indoor contact brief.
- Considering how big a space is, how many people are there and if they are following COVID-19 prevention practices.
- Minimize face to face contact while talking or while doing activities that require exertion.
- Keeping your social circle small, limited to a few trusted households.
- Putting off travel plans outside of Vermont, where risk is higher.

Additional announcements include:

- [Updated guidance easing hospital visitation restrictions](#)
- [Technical assistance to restart Senior Centers](#)

[Read the Governor's press release.](#)

## **Reopening Our Schools**

The Agency of Education and the Health Department have released [A Strong and Healthy Start: Safety and Health Guidance for Reopening Schools, Fall 2020](#). This guidance document provides essential information for school administrators and personnel as they plan and implement the reopening of our schools for the 2020-21 school year in the context of COVID-19. This document is focused on safeguarding student and staff health while operating in-person instruction

## **Protest Safely and Get Tested**

We support Vermonters engaging in peaceful protests and other civic activities. We remind everyone that it continues to be important to follow universal precautions when you are out – wear a face covering or mask when near others, maintain 6-foot distance, and if you're sick, find actions to make yourself heard from home.

We encourage anyone who is participating in a public action to get tested for COVID-19.

Find a pop-up test site near you by visiting [humanresources.vermont.gov/popups](https://humanresources.vermont.gov/popups)

## **Case Information**

**Current COVID-19 Activity in Vermont**  
**As of 12 p.m. on June 18, 2020**

Total cases*	1,135 (6 new)
Currently hospitalized	2
Hospitalized under investigation	9
Total people recovered	917
Deaths+	56
People tested	54,745
People being monitored	807
People completed monitoring	1,065

\*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 the data dashboard at [healthvermont.gov/currentactivity](https://healthvermont.gov/currentactivity).

## Guidance for Vermonters

- If you are having a medical emergency, call 9-1-1 or go to the hospital.
- If you are having even mild [symptoms of COVID-19](#), call your health care provider.
- Maintain physical distancing of at least 6 feet and [wear a mask when near others](#).
- **Most information is available online:** Visit our [Frequently Asked Questions](#).  
**New question added to the [data dashboard FAQs](#):**
  - Are people who live out-of-state included in the number of people hospitalized and hospitalized under investigation?  
(spoiler alert: Yes, if they are hospitalized in Vermont.)

## Traveler Information

Get the latest info about [travel to Vermont](#), including for quarantining and testing.

Anyone coming to Vermont is strongly encouraged to [sign up for Sara Alert daily symptom check reminders](#).

## Take Care of Your Emotional and Mental Health

Concerns about our health and finances during the pandemic, and the unsettled state of national affairs, has left many of us feeling anxious, confused, overwhelmed or powerless.

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).
- See ways for [Coping with Stress](#).

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Information for the public can be found at <https://healthvermont.gov/covid19>