



Daily Update on Novel Coronavirus (COVID-19) June 22, 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.

Don’t Let Up on COVID-19 Prevention

At Monday’s press conference, state officials urged Vermonters to take all we have learned about the new coronavirus and continue to work together to prevent its spread.

“The sun is shining, the weather is hot, and it’s summer vacation season,” said Health Commissioner Mark Levine, MD. “But the novel coronavirus has failed to take notice of that. It is here and doesn’t seem to be going anywhere.”

The only thing that has changed, he said, is an overall breakdown in willingness of the public to follow guidance such as avoiding mass gatherings and wearing face coverings. “We must continue to follow four rules of thumb: stay home if you’re sick, wash your hands like crazy, physically distance from others and wear face coverings if you can.”

Our lives are getting better every day, but we can’t let up. We must continue to protect the most vulnerable among us and prevent community spread, Dr. Levine said.

Governor Phil Scott agreed we will continue to see new cases and outbreaks — it’s the nature of the virus — but that Vermonters can keep up the good work that is making a difference.

“I know we can do this,” said Gov. Scott. “The response to this virus (around the country) has become polarized... so let’s set an example. Because Vermont is strongest when we pull together.”

Outbreak Response

Dr. Levine also provided an update on the ongoing outbreak that first emerged in Winooski. There are now 110 cases associated with the outbreak, 65% of them adults. The Health Department has identified 126 contacts, 19 of which have gone on to become cases.

We are also involved in small investigations in Rutland and Windham counties and set up a small pop-up test site to meet local needs, he said.

The Heat Is On

You've probably noticed but — it's still hot out there! Whether you're home, exercising, or working outside, check out our [safety tips and information](#) to lower your risk for heat-related illnesses, such as heat stroke.

Restart Vermont

Governor Phil Scott announced on June 19 [next steps for reopening the state's hospitality industry](#). Effective June 26, event, arts, culture and entertainment venues, as well as restaurants can expand capacity for events and dining to 50% of approved occupancy size or one person per 100 square feet of customer facing space. This change will allow for indoor events of up to 75 people and outdoor organized events of up to 150 people. [Read the press release.](#)

Long-term care residential facilities can now 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.](#)

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.

New guidance also includes:

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

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

Case Information

Current COVID-19 Activity in Vermont
As of 12 p.m. on June 22, 2020

Total cases*	1,163 (4 new)
Currently hospitalized	0
Hospitalized under investigation	8
Total people recovered	926
Deaths+	56
People tested	58,607
People being monitored	1,142
People completed monitoring	1,241

*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.

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

For more information:

- COVID-19 health information, guidance and case data: healthvermont.gov/covid19.
- Governor's actions: governor.vermont.gov/covid19response.
- The state's modeling: dfr.vermont.gov/about-us/covid-19/modeling.

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