



## **Daily Update on Novel Coronavirus (COVID-19) June 23, 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).

### **Don’t Let Up on COVID-19 Prevention**

Do you have summer activities planned? Remember, the new coronavirus hasn’t taken a vacation. You can still have fun while following four rules of thumb: stay home if you’re sick, wash your hands often, physically distance from others and wear a face covering.

Let’s work together to protect the most vulnerable among us and prevent community spread.

### **Cluster Investigation**

The Vermont Department of Health is continuing to investigate and respond to a small cluster of COVID-19 cases in Windham County to prevent further spread of the virus.

[Read the Press Release](#)

### **Protest Safely and Get Tested**

We support Vermonters engaging in peaceful protests and other civic activities to make their voices heard. Please remember that large gatherings do pose a greater risk for virus exposure.

So please follow universal precautions when you are out – wear a face covering or mask if you can 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).

### **COVID-19 Resources**

Have you checked out our [Resources web page](#) lately? Get translated materials and fact sheets, such as [Guidance for Visitors and Returning Travelers](#), [Face Coverings for Children](#), and [What is Isolation, Quarantine and Self-Observation?](#)

## Case Information

Current COVID-19 Activity in Vermont  
As of 12 p.m. on June 23, 2020

Total cases*	1,164 (1 new)
Currently hospitalized	2
Hospitalized under investigation	17
Total people recovered	927
Deaths+	56
People tested	59,328
People being monitored	1,210
People completed monitoring	1,270

\*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](#).

## 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](#).

For more information:

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

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