Daily Update on Novel Coronavirus (COVID-19)
June 30, 2020

New information is in red and bold.

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

As coronavirus cases surge in many U.S. states, burdening hospitals and halting re-opening plans, health officials are urging Vermonters to keep up their COVID-19 prevention efforts.

All our efforts and day-to day actions have been critical to slowing the virus' spread. But our progress is fragile, and we all have an ongoing responsibility in keeping it from roaring back. Keep Vermont healthy and open by following four simple rules:

- Stay home when you're sick
- Wash your hands — a lot
- Keep a physical distance of at least 6 feet
- Wear a face mask when around others

No-Quarantine Travel to Vermont Expanded to More States

Effective July 1, people from low-risk counties in additional states can travel to Vermont without having to quarantine. The broader allowances are based on detailed modeling and analysis of health and population data. The additional states include Delaware, Maryland, New Jersey, Ohio, Pennsylvania, Virginia and West Virginia, as well as the District of Columbia.

Check the weekly map for more information.

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. Contact your primary care provider for a referral to testing at one of the many test sites available in the state. Or, find a pop-up test site near you by visiting humanresources.vermont.gov/popups.

New on healthvermont.gov
The Data Dashboard now separates "People being monitored" into two categories: Travelers Monitored and Contacts Monitored.

"Travelers monitored" includes travelers who are being monitored in Sara Alert, which provides free daily symptom check reminders for 14 days while they are quarantining. People traveling to Vermont from out of state are strongly encouraged to enroll in Sara Alert.

"Contacts monitored" includes close contacts of those who have tested positive who are being monitored in Sara Alert. People who are identified as close contacts of people with COVID-19 are enrolled unless they opt out. Learn more about Sara Alert.

Case Information
Current COVID-19 Activity in Vermont
As of 12 p.m. on June 30, 2020

Description	Number
Total cases*	1,208 (0 new)
Currently hospitalized	2
Hospitalized under investigation	14
Total people recovered	953
Deaths+	56
People tested	65,764
Travelers monitored	1,629
Contacts monitored	53
People completed monitoring	1,589

* 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.

Get Tested for COVID-19

Health care providers can refer people for testing to a number of sites throughout the state that are open daily. There are also a number of urgent care centers offering testing.

Additionally, the Health Department is continuing to open pop-up sites throughout the state for people who do not have symptoms of COVID-19 to be tested for the virus.

Sites are currently scheduled through July. All clinics operate from 9:00 a.m. to 3:00 p.m.

Find locations and make an appointment at humanresources.vermont.gov/popups. If you do not have access to the internet, you can call 2-1-1 or 802-828-2828 for assistance.

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.
- 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.

Media Contact:

CV19media@vermont.gov

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