



## Daily Update on Novel Coronavirus (COVID-19) July 2, 2020

New information is in red and bold.

*State offices will be closed Friday for the Independence Day holiday.*

This update is available online at [healthvermont.gov/covid19](https://healthvermont.gov/covid19)  
Click the “See the Latest Update” button.

Please visit the Vermont Department of Health’s COVID-19 web and data pages  
[healthvermont.gov/covid19](https://healthvermont.gov/covid19)

### **Be Patriotic by Protecting Others**

Enjoy the Fourth of July holiday weekend, get outside and spend time with friends and family safely! But don’t let up on the simple actions we need to take to keep COVID-19 from spreading in Vermont:

- Wear a face mask when around others if you are able
- Keep 6-feet apart
- Wash your hands frequently
- Stay home when you’re sick

And check out our tips to be safe outdoors:

- Take it easy in the heat: drink more fluids than usual and take extra breaks in the shade or cool places indoors.
- Wear sunscreen with an SPF of 30 or higher. Protect yourself with a hat with a wide brim, sunglasses and long-sleeves and pants when you can.
- [Check yourself for ticks](#) after you go outside and [prevent mosquito bites](#).
- Always wear a life jacket for boating and water sports and never swim alone.
- Know how to [recognize cyanobacteria](#), also known as blue-green algae, in the water so you can stay away.
- [Keep food safe when grilling!](#)
- [See all of our summer safety tips.](#)

## No-Quarantine Travel to Vermont Expanded to More States

People from low-risk counties in additional states can now 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](https://humanresources.vermont.gov/popups).

## New on healthvermont.gov

The department launched a new webpage with COVID-19 translated resources — including mask guidance for adults and children, tips for large households, understanding your test results and more: [healthvermont.gov/covid19-translations](https://healthvermont.gov/covid19-translations). The page allows sorting by title, topic, translated language name or English language name.

## Case Information

COVID-19 activity data will be updated online through the holiday weekend. The Map of Cases by Town and the Weekly Summary of Vermont COVID-19 Data were updated today (due to the holiday tomorrow) on the [Current Activity page](#).

Current COVID-19 Activity in Vermont  
As of 12 p.m. on July 2, 2020

Description	Number
Total cases*	1,227 (17 new)
Currently hospitalized	2
Hospitalized under investigation	19
Total people recovered	960
Deaths+	56

<b>People tested</b>	<b>67,341</b>
<b>Travelers monitored</b>	<b>1,571</b>
<b>Contacts monitored</b>	<b>42</b>
<b>People completed monitoring</b>	<b>1,895</b>

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

### **Get Tested for COVID-19**

People who want to be tested can contact their health care provider for a referral. Tests are conducted at a number of sites throughout the state. There are also urgent care centers offering testing.

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

Pop-up sites are currently scheduled through July, and operate from 9:00 a.m. to 3:00 p.m.

Find locations and make an appointment at [humanresources.vermont.gov/popups](https://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](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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**Media Contact:**

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