



Daily Update on Novel Coronavirus (COVID-19) July 22, 2020

New information is in red and bold.

This update is available online at 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

Keep up prevention efforts as cases spread nationally

As COVID-19 cases continue to surge in the South and West, we ask Vermonters to be prepared in case the virus spreads back toward our state.

Though Vermont is holding steady, keeping up the key prevention efforts is critical to helping our fellow Vermonters, health care workers, and school communities planning to open this fall.

That means keeping 6 feet apart, wearing a mask when around others, washing your hands often, and staying home when you’re sick.

It also means being smart about travel — only go to places [identified as low risk](#), and quarantine for 14 days if you’re traveling from any other locations, or if you’re taking a flight or other public transportation to get here.

Let’s work together to help Vermont stay open and safe.

Case Information

Current COVID-19 Activity in Vermont

As of 12 p.m. on July 22, 2020

Description	Number
Total cases*	1,366 (2 new)
Currently hospitalized	2
Hospitalized under investigation	12

Total people recovered	1,152
Deaths+	56
People tested	85,742
Travelers monitored	1,142
Contacts monitored	70
People completed monitoring	4,456

* 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.

Get Tested for COVID-19

People who want to be tested can contact their health care provider for a referral.

People who do not have symptoms of COVID-19 can visit a pop-up test site. The sites operate from 9:00 a.m. to 3:00 p.m.

[See how to get tested and to make an appointment.](#)

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](#).
- [Visit our Frequently Asked Questions. Questions recently added include:](#)
 - [Why is it okay to end quarantine after seven days with a negative test result?](#)
 - [Are there any travel restrictions if I am traveling through Vermont?](#)

Traveler Information

[With case numbers up in states across the country, it is important to have the latest information about travel to Vermont, including about quarantine requirements, testing, and to sign up with Sara Alert for symptom check reminders.](#)

Take Care of Your Emotional and Mental Health

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>