



## Daily Update on Novel Coronavirus (COVID-19) July 23, 2020

New information is in red and bold.

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)

### **How we work to contain COVID-19 spread**

Vermont is still fortunate to have low levels of virus in our communities, but low is not the same as none. We still expect to see cases of COVID-19 and work quickly to contain them. To do that, we reach out to people who test positive and their close contacts to provide guidance, including on staying home to prevent further spread of the virus.

If there is a risk to the community at large, we also make sure that appropriate health and situational information is shared.

We ask Vermonters to protect one another by keeping a 6-foot distance from others, wear a face mask, wash hands, and stay home when sick. If you travel, [know when you need to quarantine](#). As always, if you are concerned about your health, please consult with your health care provider.

It’s also important to get information from reliable, credible sources. Misinformation and rumors can be common in rapidly changing situations like the COVID-19 pandemic. We encourage Vermonters to seek science-based information from trusted sources, such as the [Vermont Department of Health](#) and the [Centers for Disease Control and Prevention](#).

### **Case Information**

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

Description	Number
Total cases*	1,377 (11 new)

Currently hospitalized	2
Hospitalized under investigation	10
Total people recovered	1,156
Deaths+	56
People tested	86,582
Travelers monitored	1,133
Contacts monitored	67
People completed monitoring	4,545

\* 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.

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](#).

### 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](https://healthvermont.gov/suicide).

- Get self-help tips and connect to mental health services at [COVID Support VT](#).
- 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:** [CV19media@vermont.gov](mailto:CV19media@vermont.gov)

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