



## Daily Update on Novel Coronavirus (COVID-19) July 27, 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)

### **Strengthened Mask Requirements to begin Aug. 1**

Many Vermonters are already wearing masks regularly to help protect themselves, and to prevent the spread of COVID-19. But as we prepare for the state’s [new requirement](#) that masks be worn in public spaces in Vermont, it’s a good time to do a mask check.

#### When do I need to wear a mask?

Any time it’s not possible to keep a 6-foot distance from others who are not part your household. This includes both indoor and outdoor public spaces and group living settings (for example, long-term care facilities, nursing homes, apartment and condo complexes).

#### When don’t I need to wear a mask?

Face masks are not required when you are doing strenuous exercise or activities.

They are also not required for — and should not be worn — by:

- Children under the age of 2
- Anyone who has trouble breathing
- Anyone who is unable to remove it without assistance
- Anyone who has a medical or behavioral reason for not wearing a face mask  
(If you have a medical or developmental condition or have trouble breathing, you do not have to show evidence or documentation of your condition.)

#### How do I choose a mask?

Pick a mask that’s comfortable but fits snugly against the side of your face. It should be secured with ties or ear loops and allow for breathing without restriction. Cloth masks should include multiple layers of fabric and be able to be washed and machine dried without damage or change to shape.

### What's the proper way to wear a mask?

- Wash your hands before putting it on.
- Be sure your mouth and nose are covered.
- Hook loops around your ears or tie it snugly.
- Do not touch it or pull it down while in public.
- Keep it on until you get home.
- Remove it without touching your eyes, nose or mouth, then wash your hands immediately.
- Wash it and make sure it's completely dry before using again. Have a few on hand so you can rotate for washing.

### Case Information

Current COVID-19 Activity in Vermont  
As of 12 p.m. on July 27, 2020

Description	Number
Total cases*	1,402 (2 new)
Currently hospitalized	1
Hospitalized under investigation	12
Total people recovered	1,190
Deaths+	56
People tested	90,617
Travelers monitored	1,004
Contacts monitored	42
People completed monitoring	5,053

\* 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).

### Getting Tested for COVID-19

Not everyone needs to be tested for COVID-19. If you think you may need to get tested, talk with your health care provider, or call 2-1-1 if you don't have a provider and need to be connected to care.

Use [CDC's Self-Checker tool](#) to find out if you should be tested. If you do need testing, look for a clinic or pharmacy that offers testing near you, or register at a pop-up location.

[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).

# # #

**Media Contact:** [CV19media@vermont.gov](mailto:CV19media@vermont.gov)

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