



Daily Update on Novel Coronavirus (COVID-19) July 29, 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

COVID-19 and the workplace

If one of your co-workers or employees tests positive for COVID-19, it can be stressful and overwhelming, but there are actions you can take to keep yourself, and your workplace, safe and healthy.

Read the Health Department’s guidance on what [employers should do](#) if an employee tests positive and [what employees should do](#) if a co-worker tests positive. There may be misinformation circulating and concerns about getting COVID-19. Remember to treat employees and co-workers with respect and confidentiality.

We also remind employers that a negative test for COVID-19 should NOT be required to return to work. The Department of Health does not issue letters for employees to return to work either.

The best way to know when it’s safe for someone who tested positive for COVID-19 to return to work is to follow guidance based on the presence of symptoms, or the amount of time that has passed since the person was tested. This can be found in the [employer guidance](#), under “When can employees with COVID-19 return to work?”

Case Information

Current COVID-19 Activity in Vermont
As of 12 p.m. on July 29, 2020

Description	Number
Total cases*	1,406

	(1 new)
Currently hospitalized	1
Hospitalized under investigation	17
Total people recovered	1,199
Deaths+	56
People tested	92,461
Travelers monitored	1,044
Contacts monitored	36
People completed monitoring	5,149

* 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.

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](#).
- Get the information you need at 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.
- 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.
- Governor's actions: governor.vermont.gov/covid19response.
- The state's modeling: dfr.vermont.gov/about-us/covid-19/modeling.

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