



Daily Update on Novel Coronavirus (COVID-19) **July 30, 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

Vermont reports first COVID-19-associated death in 43 days

Health Commissioner Mark Levine, MD issued the following [statement](#) Thursday:

It is with sadness that I report an additional death associated with COVID-19. This is the first Vermont death in 43 days, and we at the Health Department express our deepest condolences to the patients’ loved ones, friends and family.

To protect the individual’s privacy, we will not be providing information about the person or the circumstances of their passing. Anyone who may be affected by their illness will have been contacted and given appropriate guidance for their health and safety.

We have been uniquely fortunate to have been spared such a loss for many weeks. And we are maintaining a relatively low rate of new positive cases. This has been made possible by the cooperation and sacrifices Vermonters have made to protect themselves and others from this coronavirus.

However, while we are hopeful that together, our efforts will keep us from experiencing more illness and deaths in the future, we must be prepared for the fact that the virus is not going away anytime soon. I ask everyone in Vermont to join me in honoring this latest loss by recommitting to doing everything we can to keep each other safe and prevent further spread of this virus.

We owe it to our kids to provide them with the best possible education

Governor Phil Scott issued a statement on Thursday about the obligations, challenges and opportunities associated with restarting our schools.

[Read the Governor’s statement](#)

Case Information

Current COVID-19 Activity in Vermont

As of 12 p.m. on July 30, 2020

Description	Number
Total cases*	1,407 (1 new)
Currently hospitalized	1
Hospitalized under investigation	17
Total people recovered	1,207
Deaths+	57
People tested	93,284
Travelers monitored	1,097
Contacts monitored	36
People completed monitoring	5,160

* 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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Media Contact: CV19media@vermont.gov

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