



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

New on healthvermont.gov

Take a deeper data dive in the [Weekly Summary of Vermont COVID-19 Data](#). Learn about Vermont’s positivity rate, symptoms, demographics, and more. Each week we “spotlight” a new topic. This week, learn more about the age, sex, race and ethnicity of people who have been tested for COVID-19 in Vermont.

When it comes to COVID-19, information can seem complex. In our new video, we break it down into some basics. Check it out and share with others: [Simple Ways to Stop COVID-19 from Spreading](#).

State to Offer New Options for Child Care for School-aged Children

Gov. Phil Scott has announced plans to build child care capacity in the state as many schools return to various models of instruction.

The state plans to expand slots for school-age children in home-based child care facilities, and provide reimbursement. In addition, it will create 73 regional child care hubs around the state for school-age care on non-school days. Officials expect to release more details when they become available on the [Department for Children and Families website](#).

Find School, Fall Sports and Social, Emotional and Mental Health Guidance

A [Strong and Healthy Start: Safety and Health Guidance for Vermont Schools](#) has been updated. In addition, guidance for [Fall Sports Programs for the 2020-2021 School Year](#) and [A Strong and Healthy Start: Social, Emotional and Mental Health Supports During COVID-19](#) have been published.

Case Information

Current COVID-19 Activity in Vermont

As of 12 p.m. on August 19, 2020

Description	Number
Total cases*	1,533 (3 new)
Currently hospitalized	2
Hospitalized under investigation	10
Total people recovered	1,354
Deaths+	58
People tested	113,897
Travelers monitored	844
Contacts monitored	42
People completed monitoring	6,788

* 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. Use [CDC's Self-Checker tool](#) to find out if you should be tested.

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.

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

Visit our [Travel to Vermont](#) web page for continually updated information and guidance, 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>.