



Daily Update on Novel Coronavirus (COVID-19) **August 21, 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

Keep Up Prevention Efforts as Schools Prepare to Open

Health Commissioner Mark Levine, MD, reminded Vermonters at a press conference Friday that now — in the two weeks leading up to school reopening — is the time to do all the right things so that schools will be safe.

“That means mask-wearing, physical distancing, frequent handwashing, and staying home and away from others when you’re not feeling well,” Dr. Levine said. “We can’t afford to let down our guard now.”

That means thinking twice about fitting in a family trip or gathering before school start, and carefully considering the risks of all your activities.

“Yes, the school experience will be different this year, but we are gratified at how educators and administrators have been working and planning together with public health to make sure each student can get a high quality education this school year – no matter what form it takes in each school and school district,” he said.

While Vermont is among the states with a low incidence of COVID-19, it wouldn’t take much to lose that distinction, he added.

“Vermont will continue to see new cases, clusters or even limited outbreaks in our communities, but the public health protocols we have been using over the past many months – testing, contact tracing, interviewing and advising people who have been in close contact with a person who has COVID — really work, and will continue to work to limit the spread of the virus,” Dr. Levine said.

New on healthvermont.gov

Get the latest data in the new [Weekly Summary of Vermont COVID-19 Data](#). This week's spotlight is on county-specific demographics among Vermont residents tested for COVID-19.

Case Information

Current COVID-19 Activity in Vermont

As of 12 p.m. on August 21, 2020

Description	Number
Total cases*	1,541 (4 new)
Currently hospitalized	3
Hospitalized under investigation	7
Total people recovered	1,358
Deaths+	58
People tested	116,998
Travelers monitored	884
Contacts monitored	33
People completed monitoring	6,856

* 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](#).

Find Return to School Guidance

Schools: [Strong and Healthy Start: Safety and Health Guidance for Vermont Schools](#)

Mental Health: [A Strong and Healthy Start: Social, Emotional and Mental Health Supports During COVID-19](#)

Sports: [Fall Sports Programs for the 2020-2021 School Year](#)

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>.