

# Vermont Department of Health Daily Update on Novel Coronavirus (COVID-19) April 7, 2020

New information is in red

Find this update on [healthvermont.gov/covid19](https://healthvermont.gov/covid19) by clicking the “See the Latest Update” button.

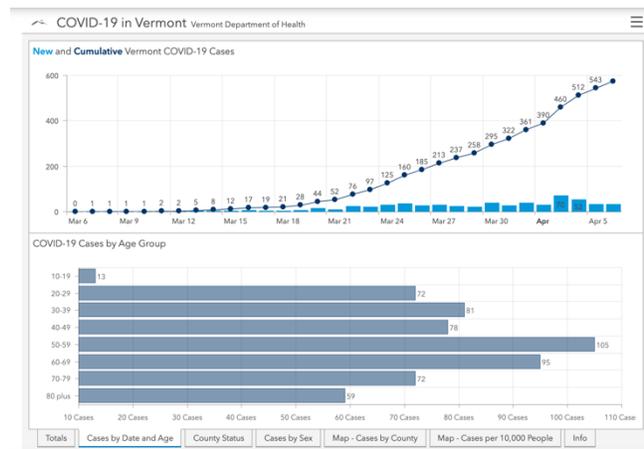
The Vermont Department of Health has launched a new go-to resource for Vermonters to see an in-depth picture of COVID-19 activity in Vermont.

The COVID-19 data dashboard can be found at [healthvermont.gov/covid19](https://healthvermont.gov/covid19). Visitors to the site can click on the map of Vermont to access a variety of case and other virus activity data in the state.

The new dashboard expands on the core data previously provided about the number of cases, people being monitored, hospitalizations and deaths.

You can now view:

- Cases by date (new and cumulative)
- Cases by age group
- Cases by gender
- Information at the county level – total cases, new cases, deaths, and cases per 10,000 people (presented in list and map form)



This information is updated by 11 a.m. daily and will allow all Vermonters to see more of what we know about cases right now and how they may be impacting the state.

The Health Department has also expanded its COVID-19 web pages to more easily deliver content to specific groups.

New pages include: Frequently Asked Questions, Long-term Care and Group Living Facilities, Schools and Child Care Programs, Coping with Stress, and more. All information, resources and guidance on the website are continually reviewed and updated as needed.

Please visit and share [healthvermont.gov/covid19](https://healthvermont.gov/covid19).

## Guidance about Cloth Face Masks

Vermonters should wear cloth facial masks, or coverings, if they need to leave their homes

for essential purposes, like going grocery shopping or to the pharmacy, or outdoors if other people are nearby.

The advice to wear cloth masks is based on new data about how COVID-19 can spread *before* a person has any symptoms. Because people may have COVID-19 but no symptoms, wearing a face mask may help keep people from spreading the virus. Face coverings are not a substitute for physical distancing and other prevention measures.

[Read the CDC's guidance on how to use and make cloth masks.](#) [Watch a video](#) of the U.S. Surgeon General on how to make your own face covering using items around the house.

Medical-grade mask supplies are needed for our health care workers and first responders. Please use cloth or other recommended facial coverings for yourself and loved ones.

The most effective way to slow the virus's spread is to continue to follow the Governor's *Stay Home, Stay Safe* Order, respect social distancing, and be vigilant in regularly washing hands and not touching your face.

## **How to Enjoy the Outdoors Safely**

The Agency of Natural Resources has provided guidance for how Vermonters can get outside and enjoy the fresh air safely:

- **Stay close to home.** Find areas you can walk or bike to. If you must drive, please limit the distance from home to 10 miles, and only drive with members of your household.
- **Practice social distancing outside.** Stay at least 6 ft. apart from others. Keep your dog on a leash and close to you.
- **Be cautious and choosing low-risk activities to avoid injury.**
- **Respect signs for closed areas, trails and land.**

Find more details at <https://fpr.vermont.gov/recreation/outdoor-recreation-and-covid-19>

## **Vermont's Response**

### **Medical surge preparations**

On April 2, Gov. Phil Scott announced additional medical surge locations to prepare for a surge of COVID-19 patients and the need for additional hospital and medical capacity. [Read more details in the press release.](#)

### **Forecasting of COVID-19 cases**

State officials have analyzed projections of COVID-19 cases and hospitalization needs. The current models project the "peak" of cases between mid-to-late April and early May.

### **Volunteering**

Gov. Scott is calling all Vermonters into service with the launch of a new website allowing people to sign up for volunteer assistance to support the state's response to COVID-19: <https://vermont.gov/volunteer>. The website directs those with medical and healthcare

skills to the Medical Reserve Corp (MRC), and those with other needed skills to a quick registration process to sign up to help. [Read the press release.](#)

### Travel Restrictions

Residents and non-residents coming to Vermont from outside the state – for anything other than an essential purpose – should home-quarantine for 14 days. Travel to Vermont by anyone from a COVID-19 “hot spot” is strongly discouraged at this time. [Read the Governor’s order](#) and the [press release](#).

### Lodging Operations

Lodging facilities – which includes hotels, motels, bed and breakfasts, inns, short term rentals (e.g. VRBO, HomeAway, Airbnb, etc.), and all public and private camping facilities and RV parks – are to be closed except for exemptions when supporting the state’s COVID-19 response. Online lodging reservations are also suspended.

### Testing

The Department of Health continues to work to expand COVID-19 testing to a broader group of Vermonters – including those who have mild to moderate symptoms – to help increase contact tracing efforts and prevent the virus from spreading.

Vermonters can be tested in the following locations:

- At hospitals statewide
- The Island Pond Health Center in Island Pond
- The Champlain Islands Health Center in South Hero
- The Wells River Health Center in Wells River

Additional sites will be opened as the needs are determined.

*IMPORTANT: Everyone must have a referral from their provider in order to be tested.*

- CALL your health care provider to be evaluated so the provider can determine if you need a test.
- DO NOT go to a testing site without an order from your provider.
- Patients who are NOT experiencing symptoms will not be tested.

Health care providers are encouraged to order a test for patients with symptoms, and can visit [healthvermont.gov/covid19-providers](http://healthvermont.gov/covid19-providers) for more information.

### Case Information

**Current COVID-19 Activity in Vermont**  
*As of 11:00 a.m. on April 7, 2020*

Total cases*	575
Total tests	7,129
Deaths+	23

People being monitored	46
People completed monitoring	767

\*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 Rates

Currently hospitalized	29
Hospitalized under investigation	51

Hospitalization data is provided by the Vermont Healthcare Emergency Preparedness Coalition and is based on hospitals updating this information as they are able.

These tables, a map of case numbers by county, and a chart of case number totals are available on our [COVID-19 web page](#) under *COVID-19 Activity in Vermont*.

### Guidance for Vermonters

#### When to call:

- **If you have questions:** Dial 2-1-1. If you have trouble reaching 2-1-1, dial 1-866-652-4636. You can also use the [Ask a Question](#) tool on healthvermont.gov.
- **If you are sick or concerned about your health:** Call your health care provider by phone. Do not go to the hospital, except in a life-threatening situation.

If you are ill, call your health care provider. Testing is not treatment and not everyone needs to be tested. *Do not call 2-1-1 or the Health Department about testing.*

#### If you are or someone you know is in crisis

Feeling anxious, confused, overwhelmed or powerless is common during an infectious disease outbreak.

If you or someone you know needs emotional support, call the [National Suicide Prevention Lifeline](#) at 1-800-273-8255. Trained helpers are available 24/7. Or text VT to 741741 to talk to someone at the [Crisis Text Line](#).

For more information visit [healthvermont.gov/suicide](http://healthvermont.gov/suicide).

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