

# Vermont Department of Health Daily Update on Novel Coronavirus (COVID-19) April 8, 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.

Please visit and share the Vermont Department of Health’s new COVID-19 web pages, including the new data dashboard for an in-depth picture of COVID-19 activity in Vermont at [healthvermont.gov/covid19](https://healthvermont.gov/covid19). Visitors can access the dashboard by clicking on the map of Vermont.

The screenshot shows the Vermont Department of Health's COVID-19 dashboard. On the left is a blue navigation sidebar with icons and labels for: PUBLIC HEALTH RESPONSE, ALERTS, CORONAVIRUS (COVID-19), DISEASE OUTBREAKS, ENVIRONMENTAL CONTAMINATION, OPIOIDS, SAFE NEEDLE DISPOSAL IN VERMONT, PLANS & REPORTS, and CONTACT: Department of Health, 108 Cherry Street, Burlington, VT 05402. The main content area has a top navigation bar with links for QUICK LINKS, ALERTS, GET HELP NOW, HOW HEALTHY ARE WE?, and SEARCH. Below this is a breadcrumb trail: HOME / PUBLIC HEALTH RESPONSE / CORONAVIRUS (COVID-19). The main heading is 'CORONAVIRUS (COVID-19)' followed by 'WHAT YOU NEED TO KNOW NOW'. There are four key messages: 'Stay Home, Stay Safe', 'If You Are Sick', 'Wear a Cloth Mask', and 'People Coming to Vermont'. A 'SEE THE LATEST UPDATE' button is at the bottom. A small map of Vermont with the text 'See current activity in Vermont' is on the right.

## Guidance about Face Masks

The Health Department’s new guidance around face masks is available in [a two-page fact sheet](#). It includes examples of when to wear one and when you don’t need to wear one, as well as how to wear it properly and clean it regularly.

In summary, the Health Department recommends that all Vermonters wear cloth face coverings when outside of the home to help slow the spread of COVID-19. This advice is based on new data about how COVID-19 can spread before a person has any symptoms.

A mask helps protect others around you if you are infected and don’t know it. A face covering is one more important precaution we can take to help slow the spread of COVID-19 – it is not a substitute for physical distancing and other prevention measures. You still need to stay at least 6 feet away from people, even when wearing a face covering.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those types of masks are critical supplies that must be reserved for our health care workers and first responders.

[Watch a video](#) of the U.S. Surgeon General on how to make your own face covering using items around the house.

## **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.
- Practice social distancing outside.
- Be cautious and choosing low-risk activities to avoid injury.
- Respect signs for closed areas, trails and land.
- Check regularly for ticks and wear EPA-registered tick repellents.

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

## **Vermont's Response**

### **Medical surge preparations**

Medical surge locations are being prepared 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 continue to project the “peak” of cases in Vermont to be between mid-to-late April and early May.

### **Volunteering**

We still need your help! Please sign up to support the state's COVID-19 response: <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 8, 2020*

Total cases*	605
Total tests	7,749
Deaths+	23
People being monitored	48
People completed monitoring	773

\*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	35
Hospitalized under investigation	40

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

The new data dashboard provides an in-depth picture of COVID-19 activity in Vermont at [healthvermont.gov/covid19](http://healthvermont.gov/covid19). Visitors to the page can access the dashboard by clicking on the map of 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](http://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).

### Be Tick Smart

Social distancing doesn't mean you need to stay indoors. But when you're out walking or spending time in your backyard, remember that ticks are active this time of year.

Stay safe by checking regularly for ticks and wearing EPA-registered tick repellents. For more information visit: [healthvermont.gov/BeTickSmart](http://healthvermont.gov/BeTickSmart)

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