

Daily Update on Novel Coronavirus (COVID-19) June 4, 2020

New information is in red

Find this update at healthvermont.gov/covid19 by clicking the "See the Latest Update" button.

Please visit the Vermont Department of Health's updated COVID-19 web and data pages healthvermont.gov/covid19.

Winooski Outbreak Update

Health Commissioner Mark Levine, MD together with City of Winooski leaders, will hold a press conference Friday at 9:30 a.m. at Winooski City Hall to give an update to the community about the recent outbreak of COVID-19.

The Health Department today reported 34 positive cases of COVID-19 that are thought to be associated with the outbreak in Winooski.

Since Monday, the Health Department has worked with the city and Community Health Centers of Burlington to offer testing at the O'Brien Community Center every day this week, and those testing opportunities will continue. As of Wednesday afternoon, 271 people had been tested at the Winooski site.

As additional specimens are collected, health officials expect to see additional positive test results.

"We understand the fear and uncertainty that people in the community are feeling," said Dr. Levine. "And we understand that every community has unique and diverse needs. We have been working closely with city leaders, community partners and service organizations to make sure that the people of Winooski get the information, care and supports they need to help prevent spread of the disease, and to keep their community safe."

Dr. Levine said these types of outbreaks are part of the nature of infectious diseases. "This is not a breakdown of the core actions that have helped to flatten the curve," said Dr. Levine. "We expect outbreaks, but we are prepared to contain them. Our contact tracers work hard to find out who is at risk and reaching out to them so we can take steps to slow down the spread of disease. This is the public health work we do every day."

All Vermonters are urged to continue to practice critical public health measures such as wearing masks, limiting close interactions, and hand washing. Officials also encourage people to keep a diary of contacts to help in the event contact tracers need to find others who might be at risk.

"As we are seeing all over the world, COVID-19 is can have a huge impact on people, families and our communities," Dr. Levine said. "We appreciate everything Vermonters have done to slow the spread of this disease and keep other people safe, including the many people who are impacted by this outbreak."

Additional dates have been added for Winooski residents to get tested for COVID-19 at the O'Brien Community Center, **32 Mallets Bay Avenue** in Winooski. Sign up for an appointment and get more information at: <https://humanresources.vermont.gov/winooski>, or call 2-1-1.

Protest Safely

As protests continue nationwide, health officials reminded Vermonters who engage in public protests and other civic activities to minimize the risk of spreading the virus by taking the same COVID-19 safety precautions as with any other gathering.

We understand and support the importance of making your voices heard in protest of these injustices. While you are out, please wear a face covering or mask and as much as possible, maintain 6-foot distance between yourself and others. If you're sick, take action from home.

New on healthvermont.gov

Traveler Information

Traveling to Vermont or coming back from a trip out of state? The Health Department's [new travel web page](#) is dedicated to providing Vermonters with travel-related information and guidance, including for quarantining and testing.

NEW: Anyone coming to Vermont is strongly encouraged to [sign up for daily symptom check reminders](#). You can:

- ✓ Get fast, easy, and free reminders by email, text or phone to check yourself for symptoms
- ✓ Access the Health Department for guidance and information quickly if you develop symptoms
- ✓ Help our public health teams contain the spread of COVID-19

The symptom check reminders, called Sara Alert, is not a contact tracing system. It is not GPS-based, so it does not monitor a person's movements or track their location.

College students returning to Burlington can also use this web page as a resource — along with the city's [Supportive Quarantine Pilot Program](#) — and sign up for Sara Alert.

Testing Information

COVID-19 Pop-Up Test Sites Open for Asymptomatic Vermonters

People who do not have symptoms of COVID-19 can make an appointment to be tested for the virus at pop-up sites located throughout the state to test for the virus.

Sites are currently scheduled through June 26. Find locations and make an appointment to be tested at humanresources.vermont.gov/popups. You can also call 2-1-1 or 802-828-2828. All clinics operate from 9:00 a.m. to 3:00 p.m.

We especially encourage health care workers, first responders, child care providers, and people returning to Vermont — such as college students, people who winter out of state and second home owners — to consider being tested.

Vermonters With Even Mild Symptoms Should Call Their Doctor to Be Tested

People with even mild [symptoms](#) are encouraged to call their health care provider to get tested. This

includes parents of children who have possible symptoms. Your health care provider will ensure you receive proper care and treatment.

If you don't have a health care provider: Dial 2-1-1 to connect with a [community or hospital-connected clinic](#).

Case Information

Current COVID-19 Activity in Vermont
As of 12 p.m. on June 4, 2020

Total cases*	1,026
Currently hospitalized	0
Hospitalized under investigation	13
Total people recovered	881
Deaths+	55
People tested	37,834
People being monitored	46
People completed monitoring	907

*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 information on new data dashboard at healthvermont.gov/covid19 by clicking on the map of Vermont. To allow time for analysts to verify an increasing volume of data, the dashboard will be updated no later than 12:00 p.m.

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.
- **Most information is available online:** Visit our regularly updated [Frequently Asked Questions](#).
- [Learn more about why and how we need to wear masks](#).
- Maintain physical distancing of at least 6 feet.

Keep a List of Your Close Contacts

Health officials suggest that Vermonters keep a journal of contacts – a list of other people with whom you have been in close contact with each day. If you get sick, this will make it easier to get in touch with those people and so they can take precautions to prevent further spread of COVID-19, including being tested if recommended.

Take Care of Your Emotional and Mental Health

Concerns about our health and finances during the pandemic, and the unsettled state of national affairs, has left many of us feeling anxious, confused, overwhelmed or powerless.

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.