

Daily Update on Novel Coronavirus (COVID-19) July 1, 2020

New information is in red and bold.

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.

Don’t Let Up on COVID-19 Prevention

Health Commissioner Mark Levine, MD, said at a press conference Wednesday the state continues its aggressive testing efforts, with a rolling 7-day average of 1,245 tests, with over 8,700 total tests done in the past seven days.

He added “we were heartened to see” [a new analysis that researchers at Harvard conducted for NPR](#) that found Vermont was one of only four states doing enough testing to subdue the coronavirus. Public health officials agree testing is critical to bring new cases down to a low enough level to allow everyday life to return to some semblance of normalcy. (The other three states were Alaska, Montana and Hawaii.)

Dr. Levine also highlighted research cited in the Centers for Disease Control’s weekly report MMWR. In a recent study, only 46% of 350 patients reported recent contact with a COVID-19 patient, he said. Most contacts were in families or work colleagues. This highlights why it’s more important

than ever to physically distance from others and to wear a mask when you can, he said.

No-Quarantine Travel to Vermont Expanded to More States

Effective today, people from low-risk counties in additional states can travel to Vermont without having to quarantine. The broader allowances are based on detailed modeling and analysis of health and population data. The additional states include Delaware, Maryland, New Jersey, Ohio, Pennsylvania, Virginia and West Virginia, as well as the District of Columbia.

- [Check the weekly map for more information.](#)

Note: Because of the July 4th holiday, the map will be updated on Thursday instead of Friday this week.

Protest Safely and Get Tested

We support Vermonters engaging in peaceful protests and other civic activities to make their voices heard. Please remember that large gatherings do pose a greater risk for virus exposure.

So please follow universal precautions when you are out – wear a face covering or mask if you can when near others, maintain 6-foot distance, and if you're sick, find actions to make yourself heard from home.

We encourage anyone who is participating in a public action to get tested for COVID-19. Contact your primary care provider for a referral to testing at one of the many test sites available in the state. Or, find a pop-up test site near you by visiting humanresources.vermont.gov/popups.

New on healthvermont.gov

The department launched a new webpage with COVID-19 translated resources — including mask guidance for adults and children, tips for large households, understanding your

test results and more: healthvermont.gov/covid19-translations. The page allows sorting by title, topic, translated language name or English language name.

Case Information

Current COVID-19 Activity in Vermont

As of 12 p.m. on July 1, 2020

Description	Number
Total cases*	1,210 (2 new)
Currently hospitalized	1
Hospitalized under investigation	16
Total people recovered	961
Deaths+	56
People tested	66,292
Travelers monitored	1,554
Contacts monitored	36
People completed monitoring	1,766

* 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.

Get Tested for COVID-19

People who want to be tested can contact their health care provider for a referral. Tests are conducted at a number of sites throughout the state. There are also urgent care centers

offering testing.

Additionally, the Health Department is continuing to open pop-up sites for people who do not have symptoms of COVID-19 to be tested for the virus.

Pop-up sites are currently scheduled through July, and operate from 9:00 a.m. to 3:00 p.m.

Find locations and make an appointment at humanresources.vermont.gov/popups. If you do not have access to the internet, you can call 2-1-1 or 802-828-2828 for assistance.

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](#).
- **Most information is available online:** Visit our [Frequently Asked Questions](#).

Traveler Information

Get the latest info about [travel to Vermont](#), including for quarantining and testing.

Anyone coming to Vermont is strongly encouraged to [sign up for Sara Alert daily symptom check reminders](#).

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.
- 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.