Weekly Summary of Vermont COVID-19 Data

Reflecting cases identified between
March 5 – December 9, 2020

Date published: December 4, 2020. This summary will be updated every Friday.

VERMONT
DEPARTMENT OF HEALTH

Common Terms and Data Sources

This document contains information about people who have tested positive for COVID-19 in Vermont. You will find data presented in a few different ways throughout this document:

- Count: the number of people who have tested positive for COVID-19 (overall or in a particular group)
- Rate: the number of people who have tested positive for COVID-19 in a particular group, divided by the total number of people in that group. Using rates allows for more direct comparisons between groups.
- Growth rate: a measure of the percent change in COVID-19 cases over time; this tells us how quickly or slowly the disease is spreading in Vermont
- Week: for the purposes of this document, "this week" is defined as December 2 through December 9.

For geographic information, please see the COVID-19 Data Dashboard or Town Map. For more information on data sources, please see our Data Notes document. For information on cases in schools, see COVID-19 Cases in Vermont K-12 Learning Communities While Infectious.

Please Note:

- On October 1, the denominators used to calculate rates by race and ethnicity were switched over from 2018 American Community Survey estimates to 2019 Vermont Department of Health estimates based on Census data. This change was made to be more consistent with how the Health Department typically calculates rates. The relatively large change in rates for some racial groups in the October 2, 2020 Weekly Summary is due to this change in methodology.
- As of December 4, 2020 the Weekly Summary includes both probable and confirmed cases of COVID-19.

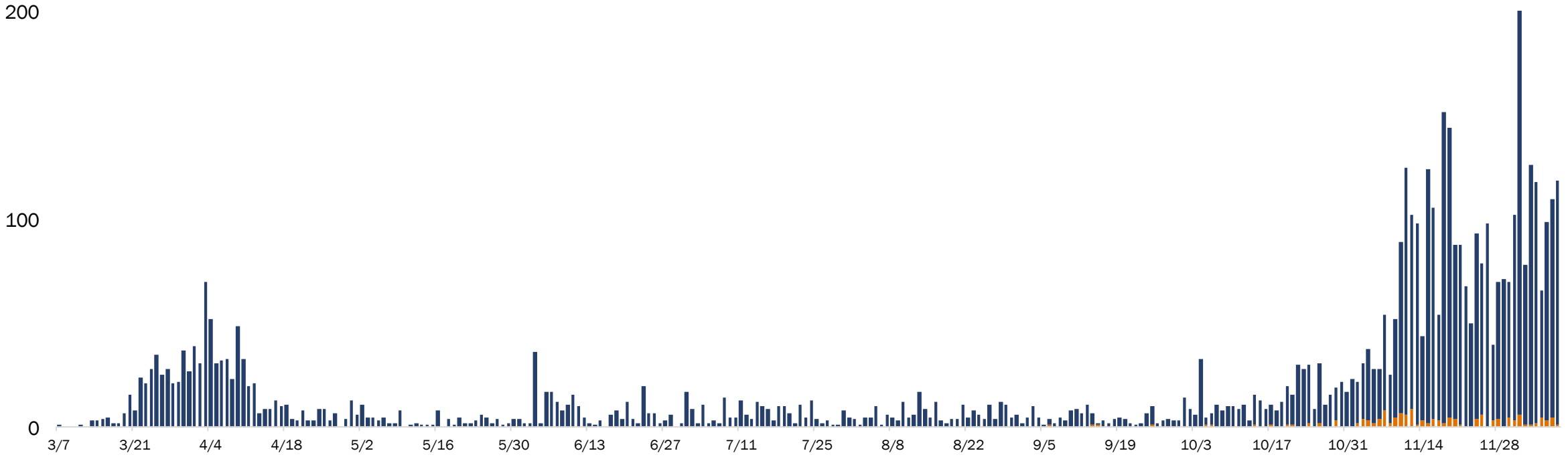
Table of Contents

Click on a box below to jump to that section

COVID-19 in Vermont

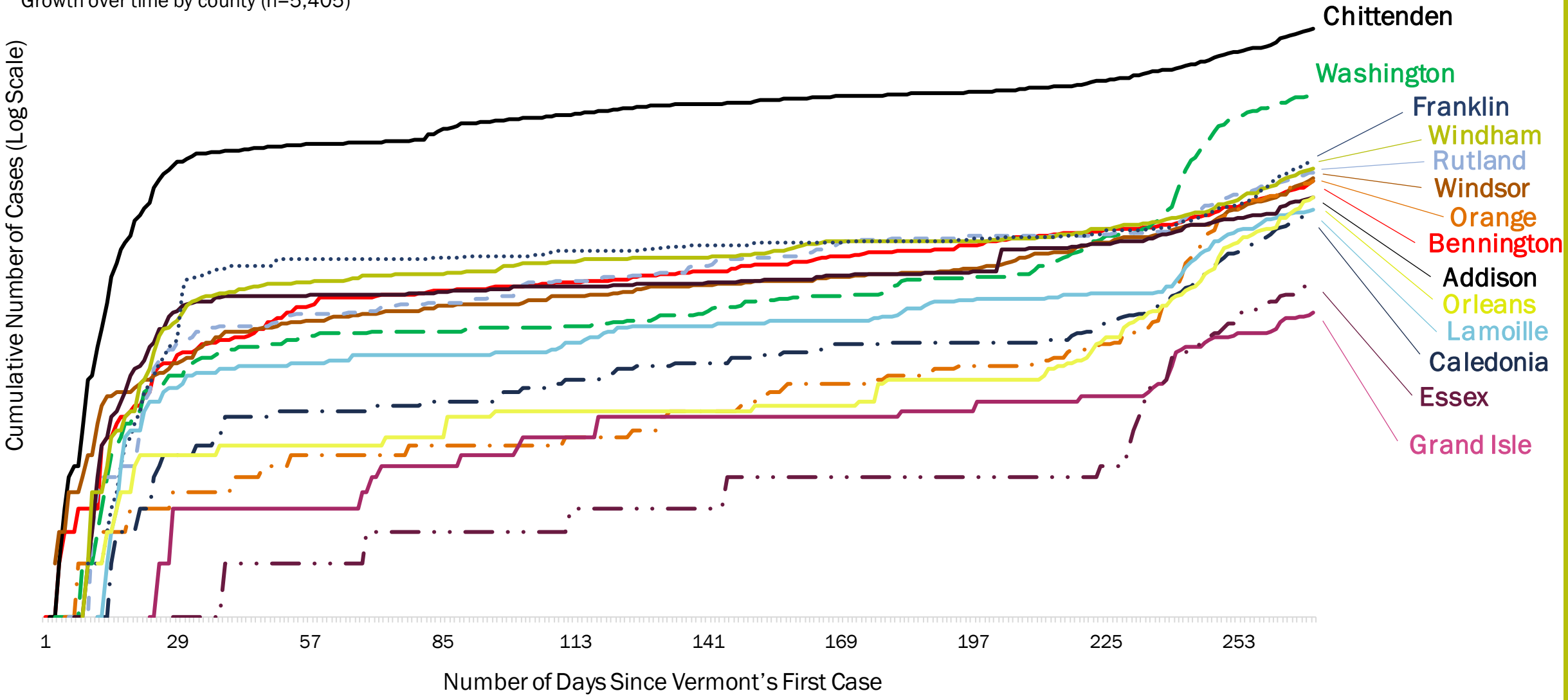
An overview of our number of cases and laboratory testing to date.

Total Number of Confirmed and Probable Cases in Vermont: 5,413



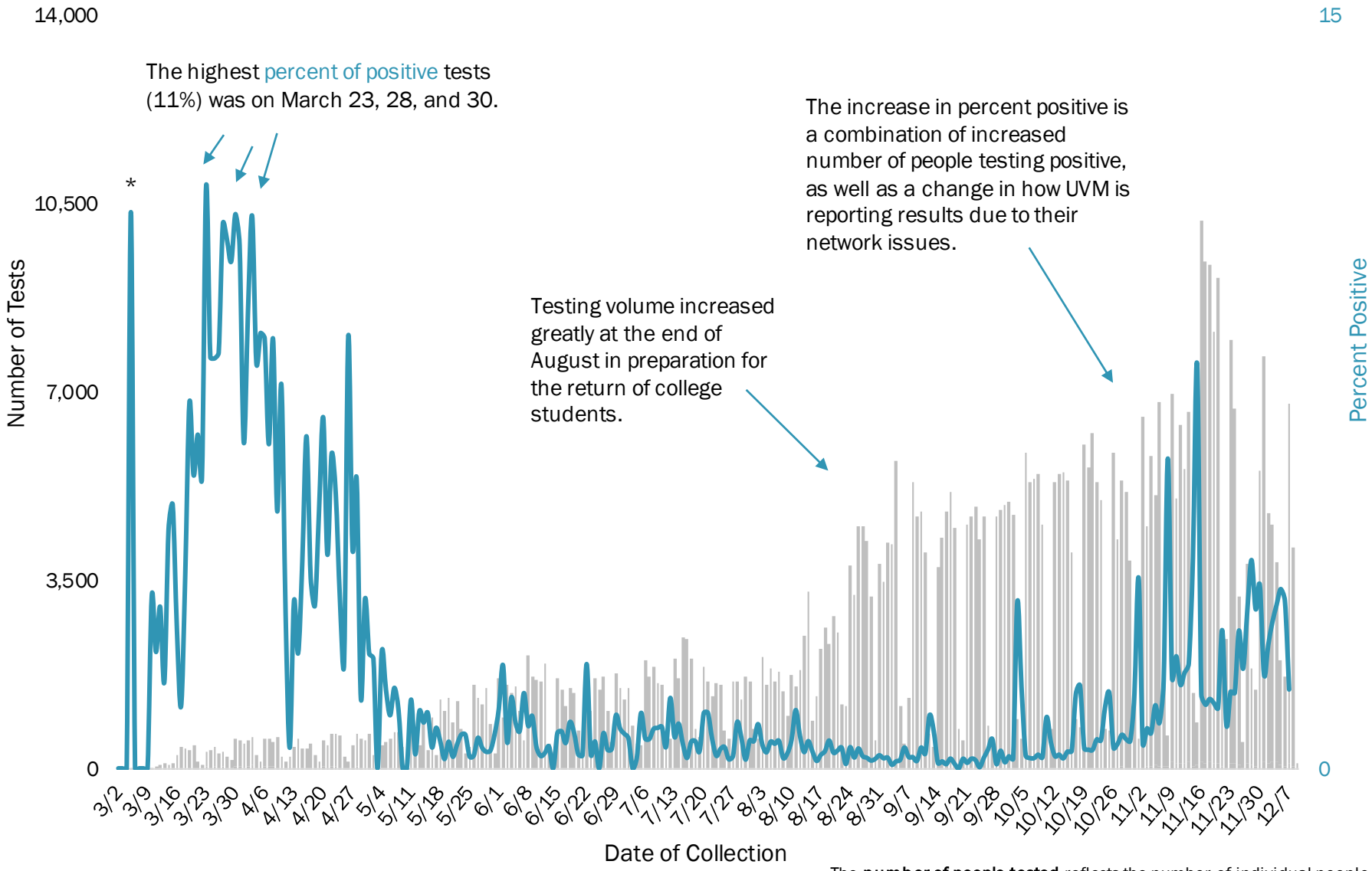
Most counties continue to see new cases.

Growth over time by county (n=5,405)

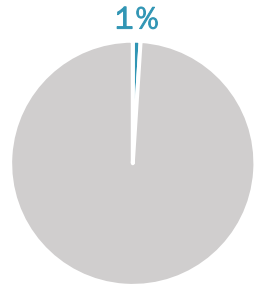


Cumulative cases are presented using a log scale to help compare the large number of cases in Chittenden County (n=1,898, roughly 35% of all cases) to other counties. Using a log scale also helps visualize percent change. For the number of cases by county, see the Data Dashboard.

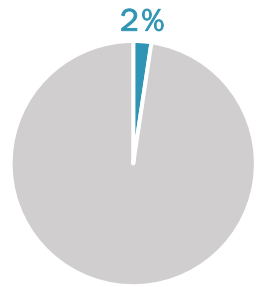
Percent of positive COVID-19 tests may indicate how prevalent the disease is in the population.



Percent Positive to Date



Percent Positive This Week (December 2 – December 9)



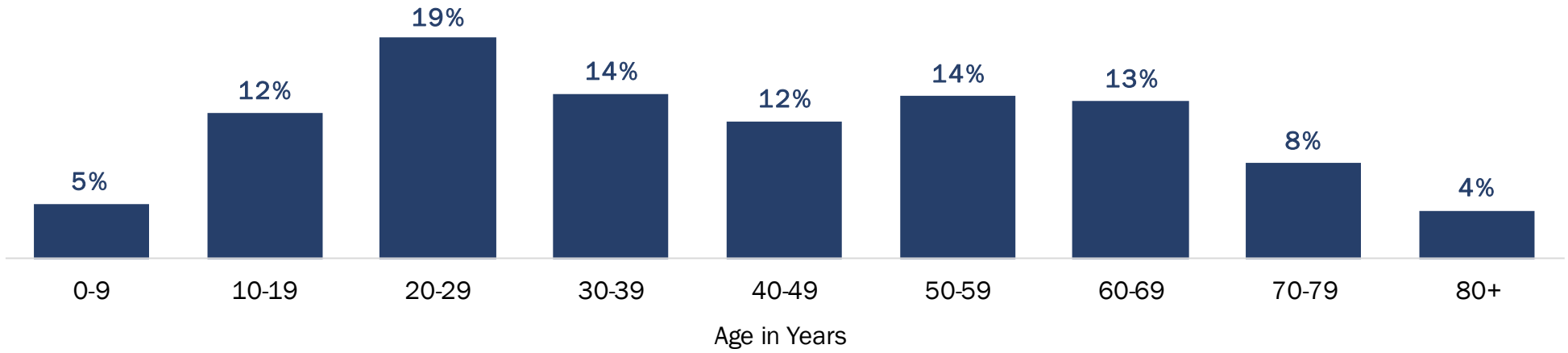
13,062 People Tested this Week	**27,915** Tests this Week
238,510 People Tested to Date	**601,601** Tests to Date

Vermont Department of Health

*Not a stable estimate due to small numbers. There were 8 total tests and 1 was positive.

The **number of people tested** reflects the number of individual people who have had confirmatory testing for COVID-19 in Vermont. Each person is only counted once. The **number of tests** reflects the number of specimens that have had confirmatory tests for COVID-19 in Vermont. This number may include multiple specimens for one person, the same person tested multiple times, etc. **Percent positive** is the number of laboratory confirmed COVID-19 specimens divided by the total number of specimens (updated 11/6/20). None of these numbers include serology or antigen testing.

The distribution of people tested for COVID-19 in Vermont varies by age group.



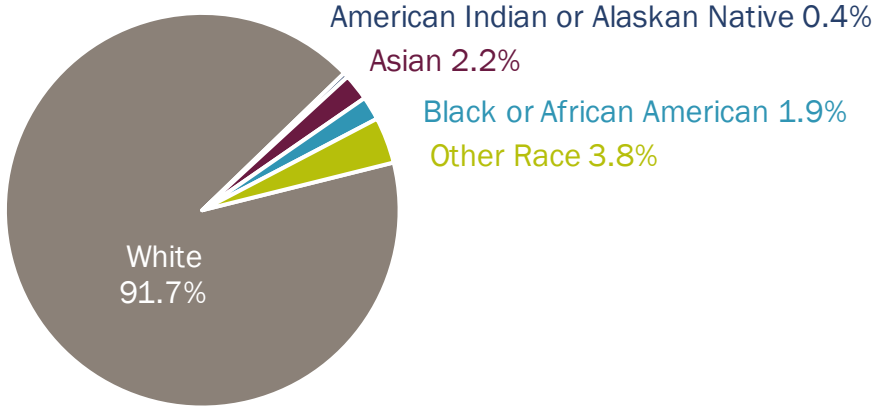
More females are tested than males for COVID-19.

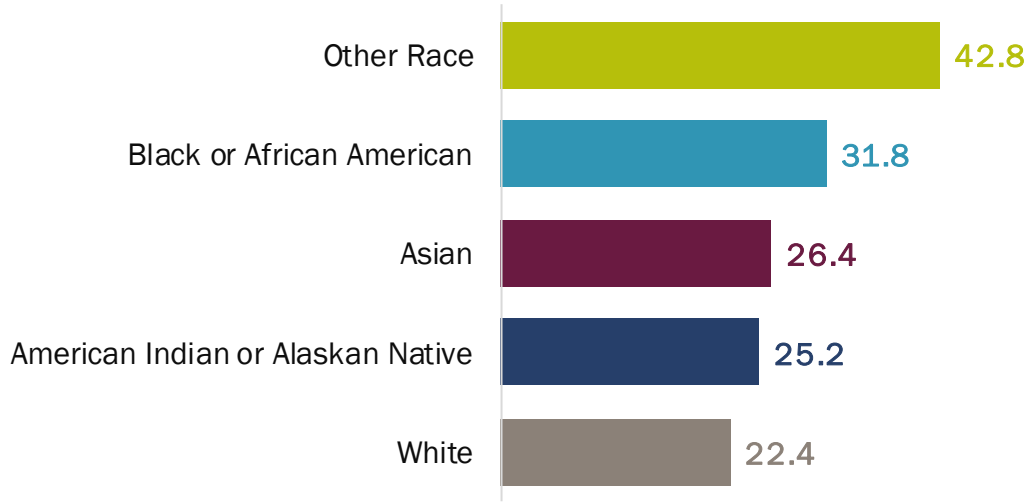
56% of people tested for COVID-19 are female.

44% of people tested for COVID-19 are male.

White Vermonters represent the majority of people tested in Vermont for COVID-19. Vermonters with other race have the highest rate of testing.

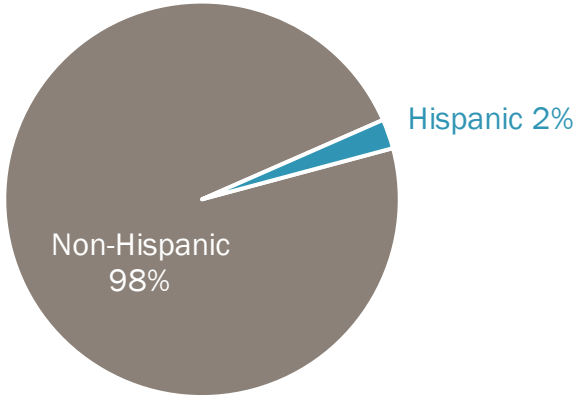
Rates per 100 Vermonters

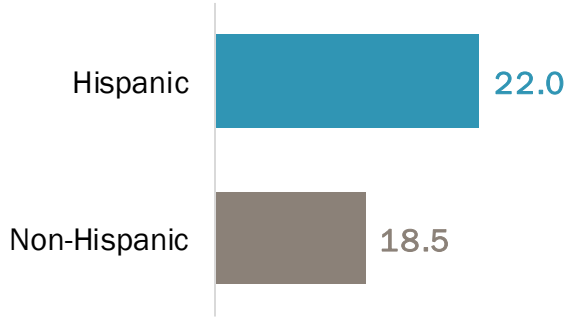




Non-Hispanic Vermonters represent the majority of people tested in Vermont for COVID-19. Hispanic Vermonters have the higher rate of testing.

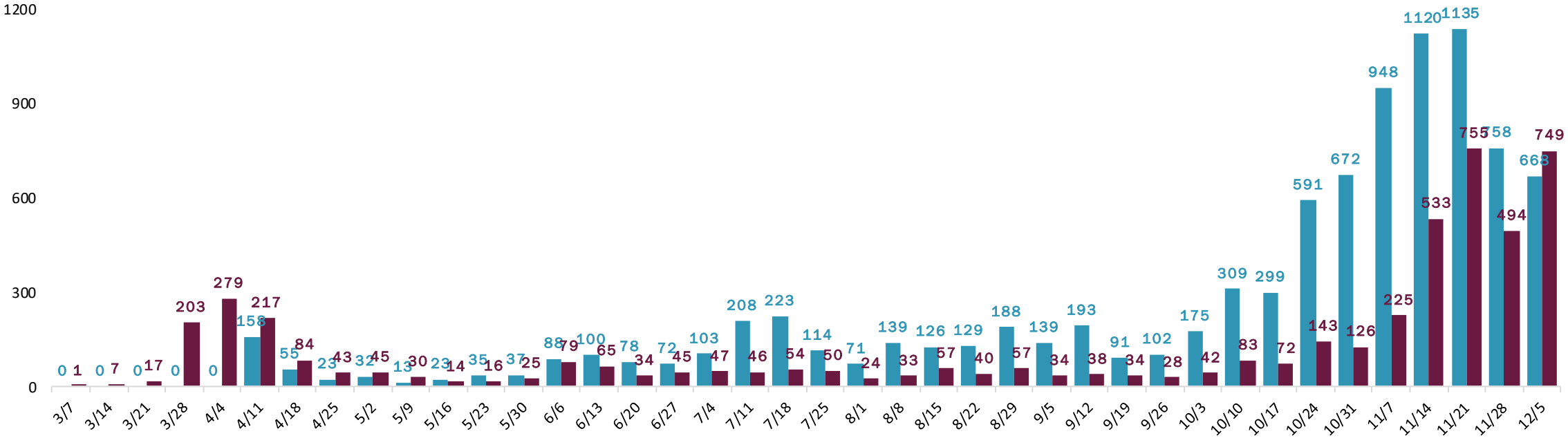
Rates per 100 Vermonters





Other Race includes people who identify as two or more races, or a race other than white, Asian, African American or Black, and American Indian or Alaskan Native.

Contact tracers speak with both cases and their close contacts each week.



65

Number of contact tracers trained

615

Cases interviewed last week

November 29 – December 5

927

Contacts named last week

November 29 –December 5

3.1

Average number of contacts per case*

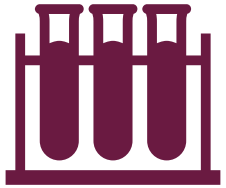
*Since April 1

The number of confirmed cases may not match the number of cases interviewed. There is not always clean overlap between the week in which a case is confirmed and in which that case is interviewed (i.e., a case confirmed on Saturday afternoon may not be interviewed until Sunday morning).

In the last two weeks (from November 22 to December 5):

82%
Of cases were interviewed within 24 hours

78%
Of cases provided their close contacts



40%
Of contacts were tested within 14 days of exposure

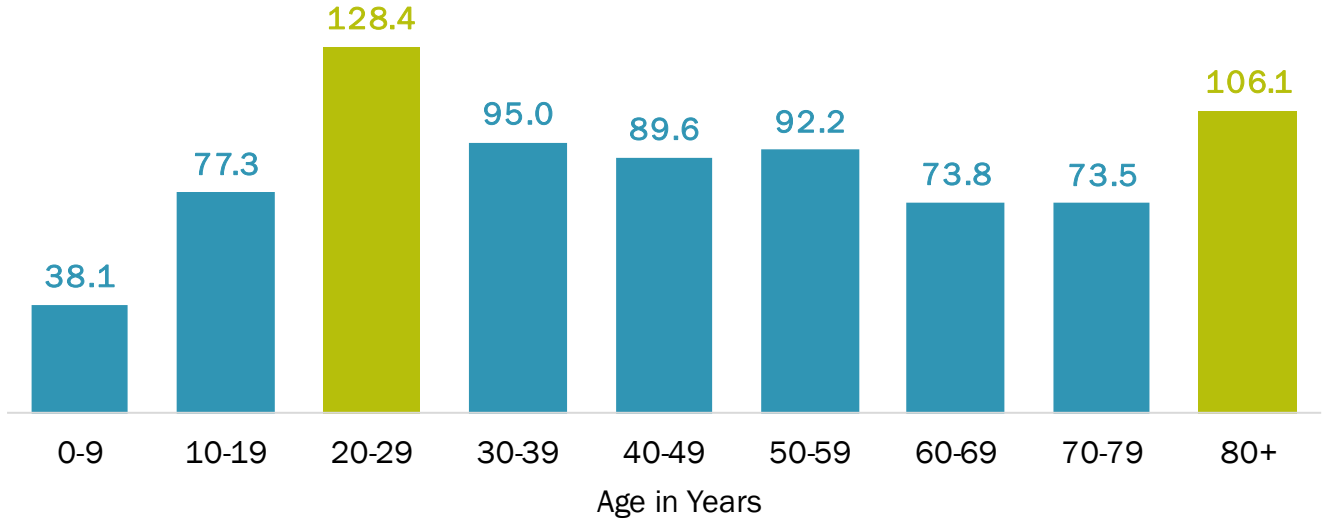
14%
Of contacts became a case

Case Demographics

Who has been impacted by COVID-19 in Vermont?

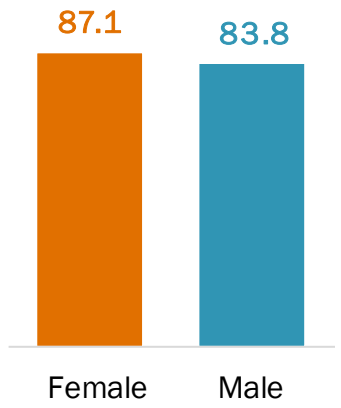
Rates of COVID-19 are highest among Vermonters 20-29 and 80 years and older.

Rate per 10,000 Vermonters



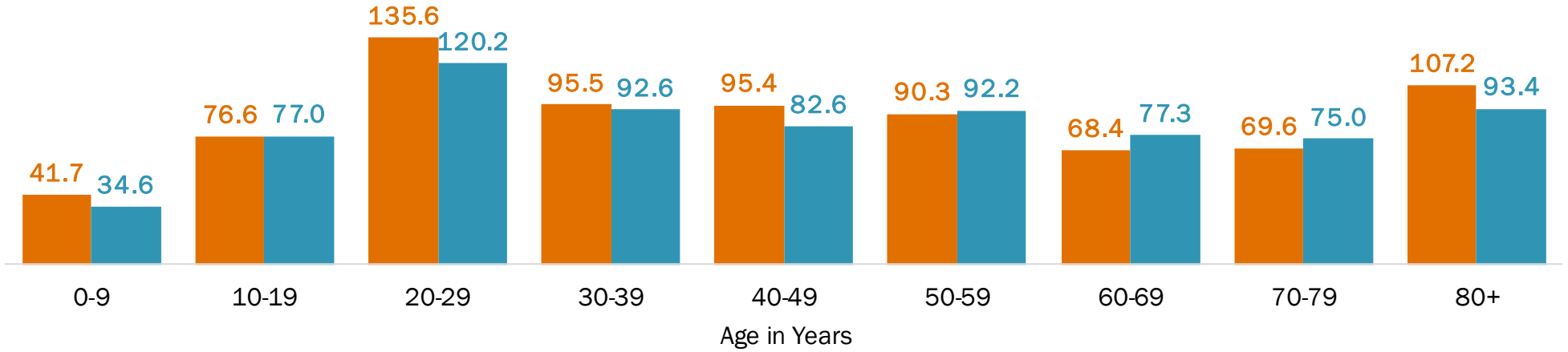
Females and males have similar rates of COVID-19.

Rate per 10,000 Vermonters



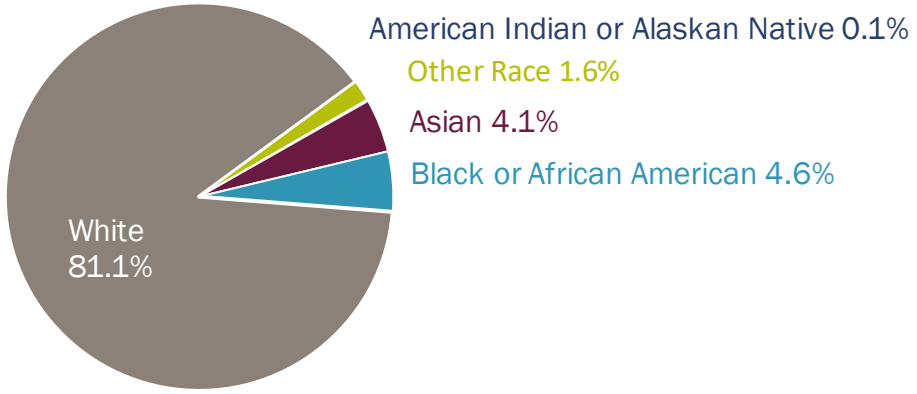
There are differences in age and sex of Vermonters with COVID-19.

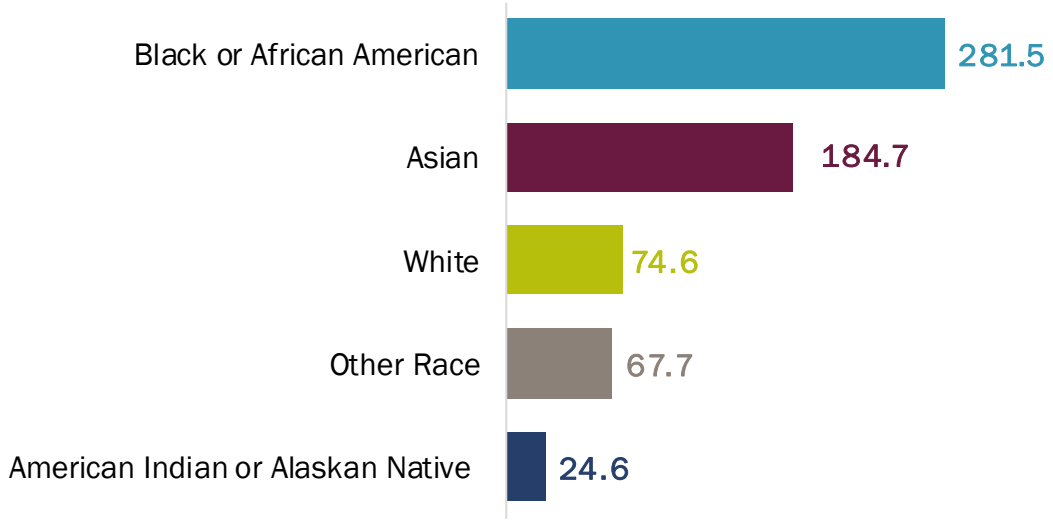
Rates of COVID-19 by Age Group for Females and Males per 10,000 Vermonters



White Vermonters represent the majority of COVID-19 cases. African American Vermonters have the highest rate.

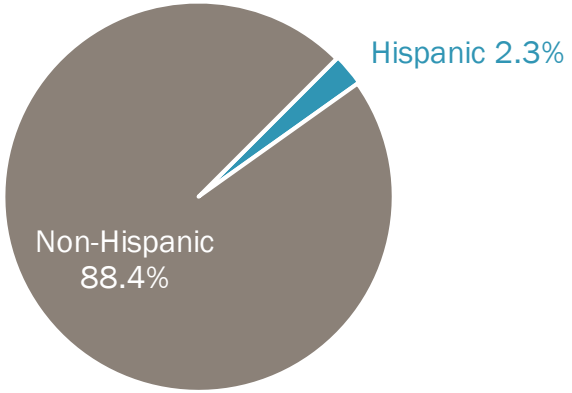
Rate per 10,000 Vermonters

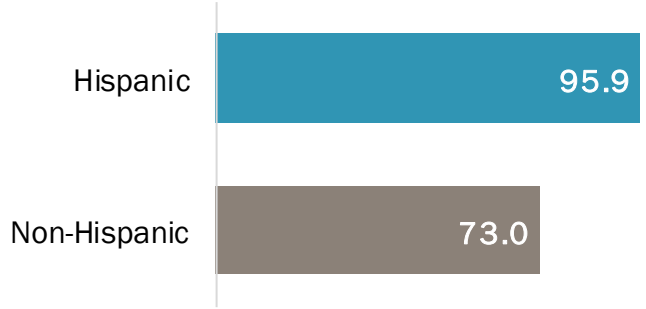




Non-Hispanic Vermonters represent the majority of COVID-19 cases. Hispanic Vermonters have the higher rate.

Rate per 10,000 Vermonters





Other Race includes people who identify as two or more races, or a race other than white, Asian, African American or Black, and American Indian or Alaskan Native.
Race is unknown in 9% of cases (n = 464) and ethnicity is unknown in 15% of cases (n = 826).
* Value suppressed due to small numbers.

Approximately 40% of people* with COVID-19 have a pre-existing condition.

*of the 4,345 people that the Health Department has pre-existing condition data for.

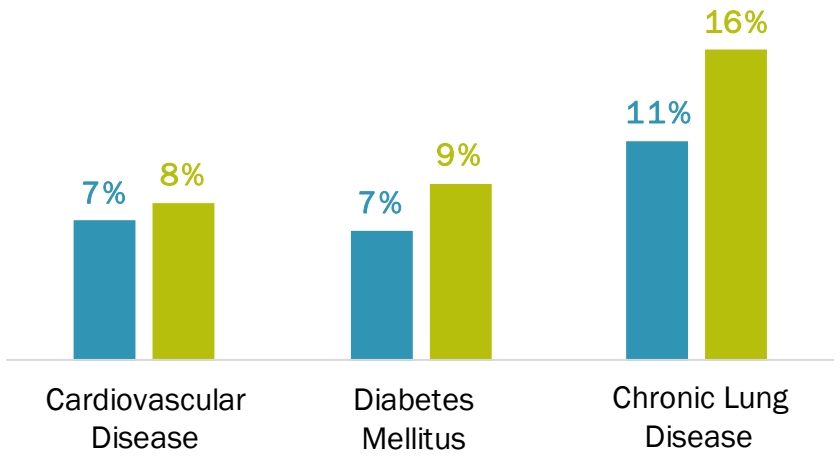
Condition	Count	Percentage
Other Chronic Condition**	599	14%
Current/Former Smoker	522	12%
Chronic Lung Disease (includes asthma and COPD)	473	11%
Heart Disease	276	6%
Diabetes	255	6%
Immunocompromised Condition	71	2%
Neurologic Condition/Intellectual Disability	100	2%
Pregnant	27	1%
Chronic Kidney Disease	56	1%
Chronic Liver Disease	18	0.4%

32% of people with a pre-existing condition have two or more conditions.

**Not mutually exclusive, includes things like arthritis, thyroid conditions, multiple free text entries.

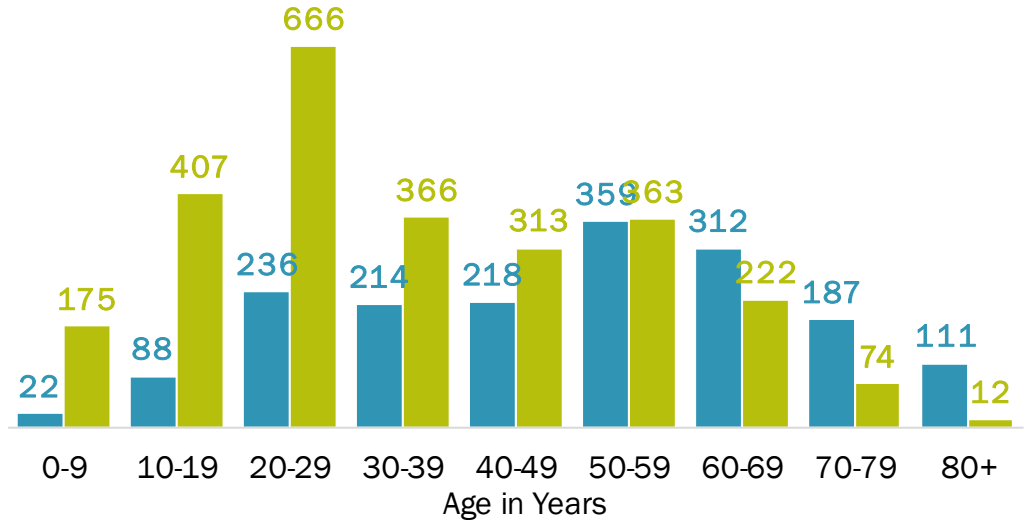
The Health Department has information about pre-existing conditions in 80% (4,345) of 5,413 total COVID-19 cases.

Prevalence of select conditions in COVID-19 adult patients and Vermont adults.



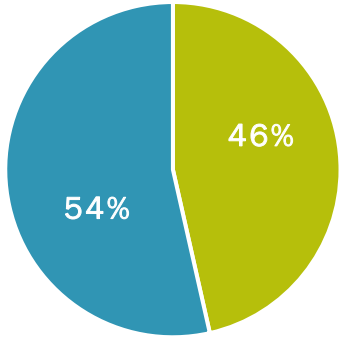
Data Source: Cardiovascular disease and diabetes, BRFSS 2018 annual report. Chronic lung disease, 3-4-50 Community profile (2016-2017 BRFSS).

COVID-19 patients with pre-existing conditions tend to be older than those without pre-existing conditions.

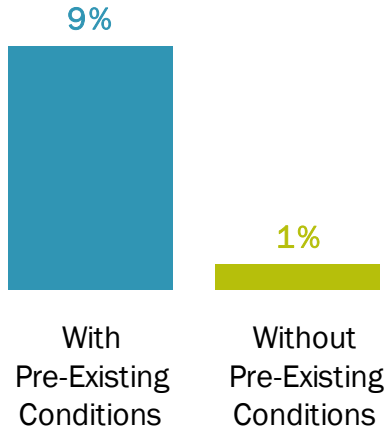


* Value suppressed due to small numbers.

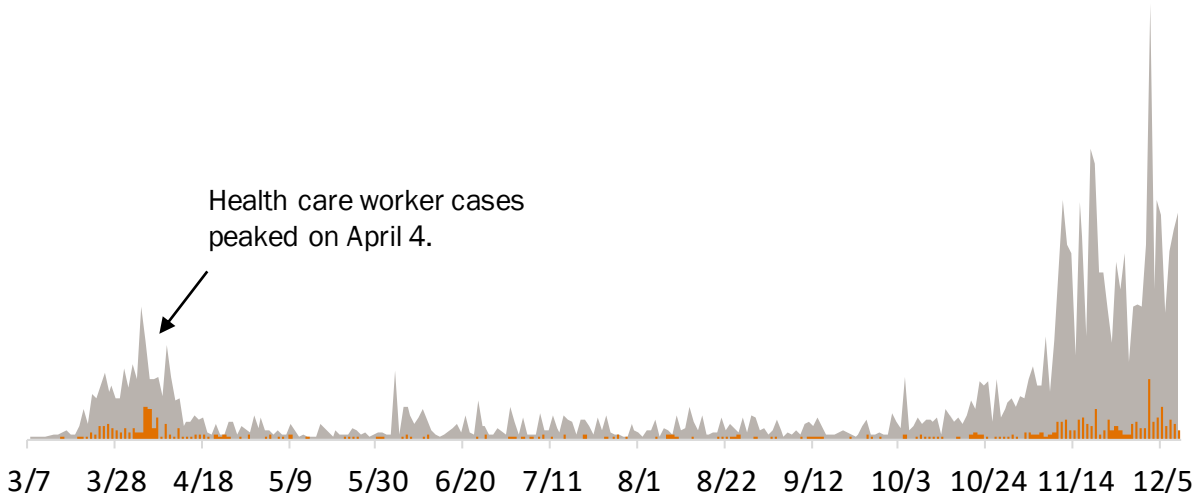
Likelihood of having a pre-existing condition is greater among female compared to male COVID-19 patients.



A higher percentage of COVID-19 patients with pre-existing conditions have been hospitalized than those without pre-existing conditions.

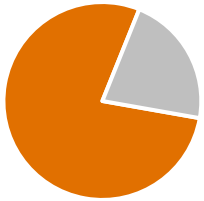


Number of New Health Care Worker and All Cases by Day



1 in 8 Vermonters with COVID-19 are health care workers.

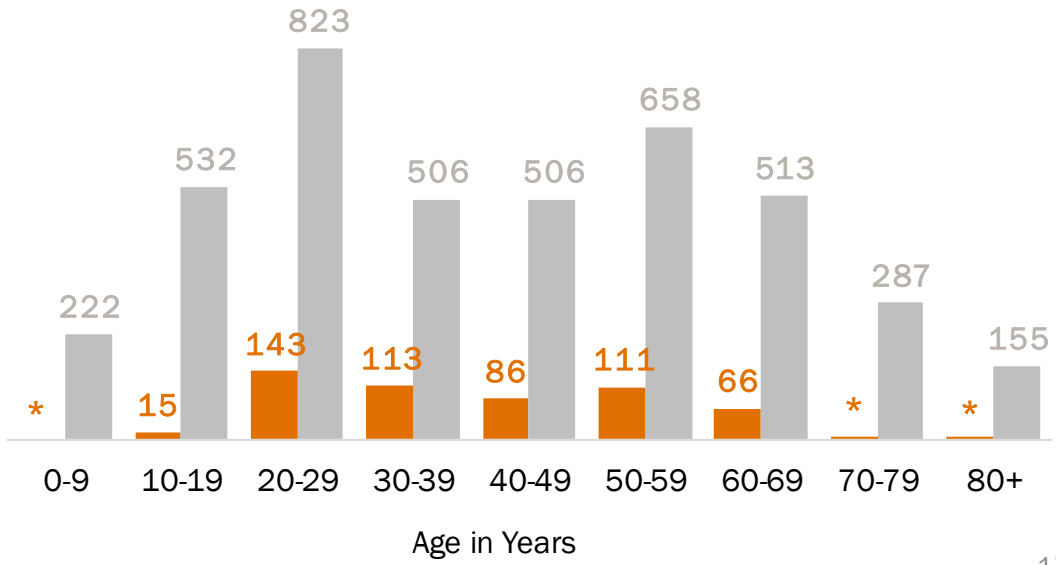
77% of health care workers with COVID-19 are female.



33% of health care workers with COVID-19 are associated with an outbreak.

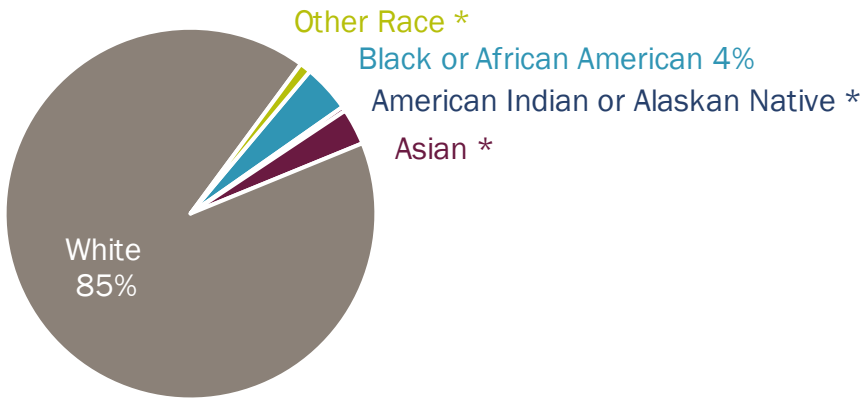
The Health Department has information about healthcare worker status in 88% (4,745) of 5,413 total COVID-19 cases.

Health care workers with COVID-19 tend to be younger than non-health care workers with COVID-19.



* Value suppressed due to small numbers.

White Vermonters represent the majority of health care workers with COVID-19.

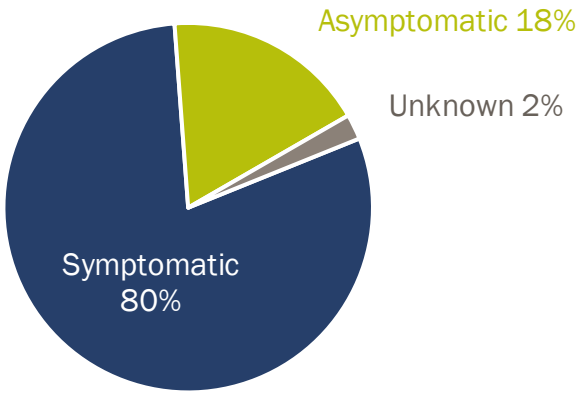


* Value suppressed due to small numbers.

Most health care workers with COVID-19 are not hospitalized.

There are no reported deaths among health care workers.

Most health care workers with COVID-19 have symptoms.

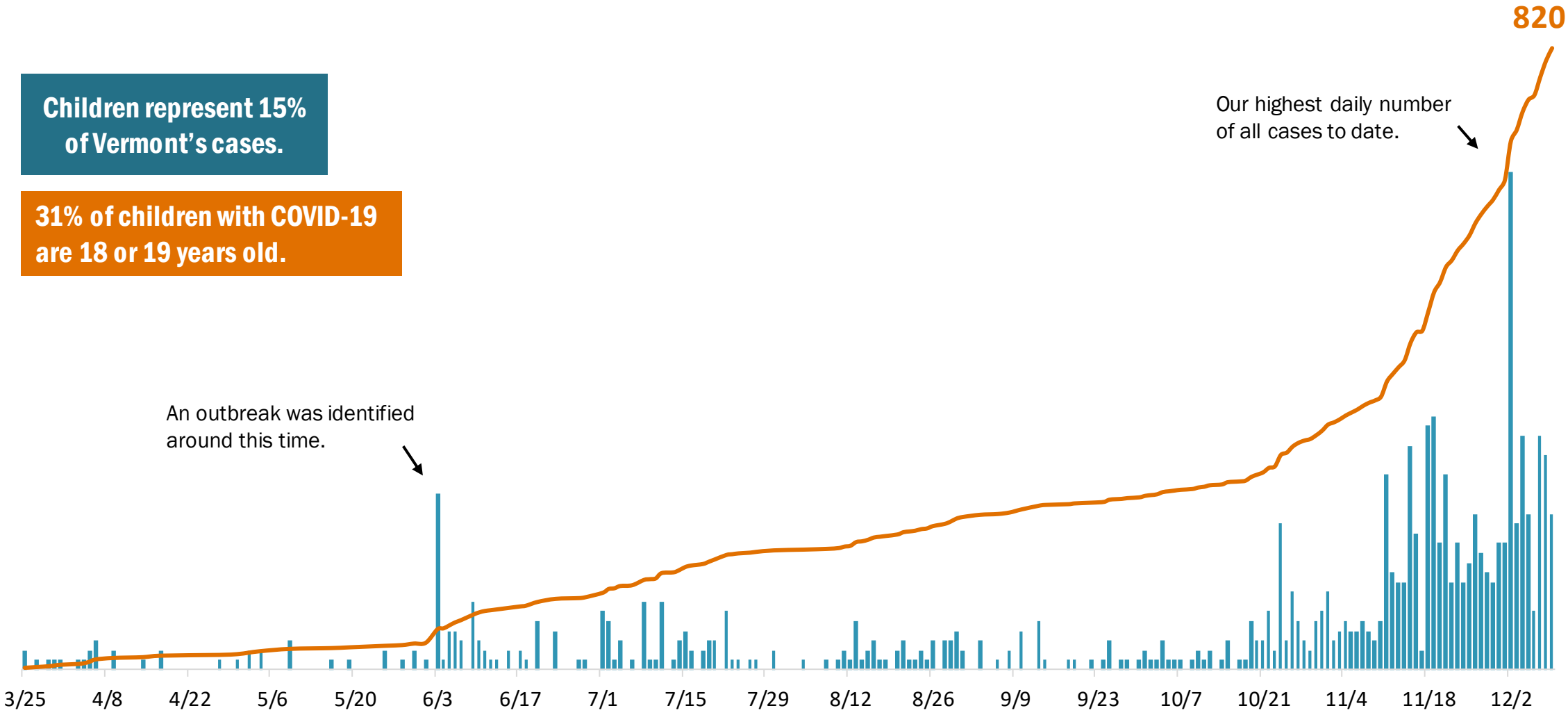


Sign or Symptom among Health Care Workers with COVID-19	Percent of Symptomatic Cases
Cough	63%
Fatigue	62%
Headache	59%
Muscle Pain	49%
Runny Nose	49%
Loss of Smell or Taste	47%
Chills	35%
Fever	31%

New and Cumulative Cases of Vermont Children (Age 19 and Younger) with COVID-19

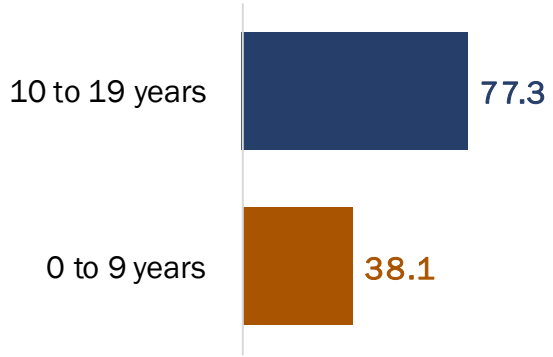
Children represent 15% of Vermont's cases.

31% of children with COVID-19 are 18 or 19 years old.



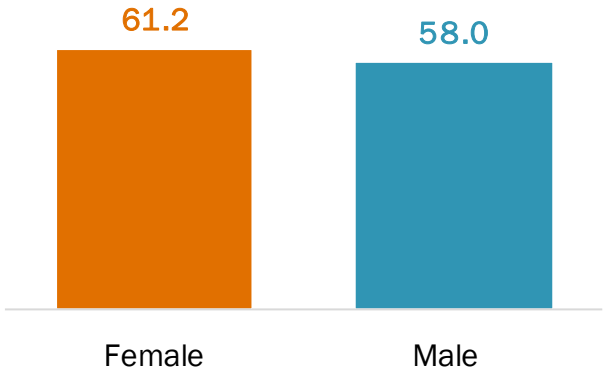
Older children have a higher rate of COVID-19 compared to younger children.

Rate per 10,000 Vermonters 0-19 years old

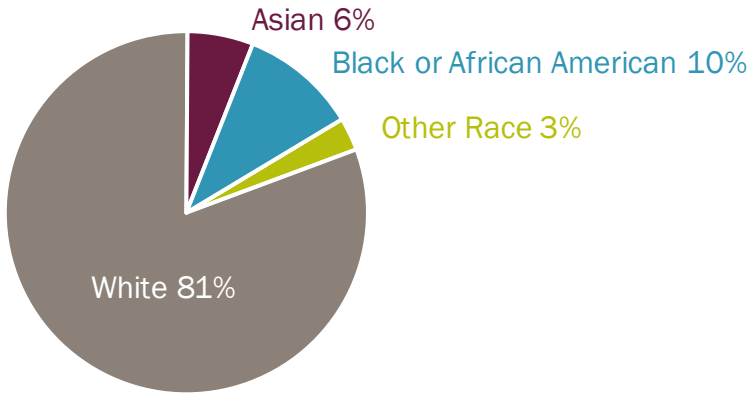


Female and male children have similar rates of COVID-19.

Rate per 10,000 Vermonters 0 to 19 years old

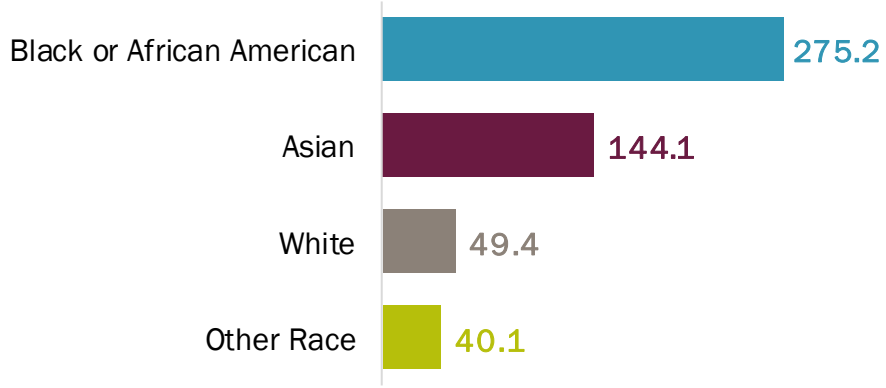


Among children with COVID-19, Black, Indigenous and people of color represent 19% of cases.



Among children with COVID-19, Black or African Americans have the highest rate.

Rate per 10,000 Vermonters 0 to 19 years

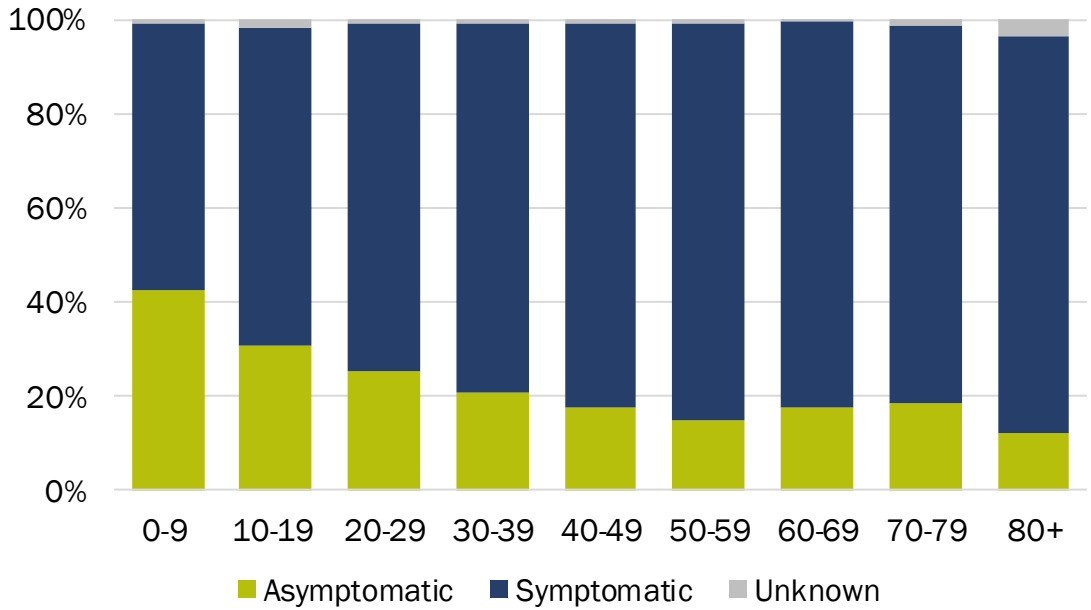


Sign or Symptom	Percent of Children with Symptom
Runny nose	49%
Headache	47%
Cough	41%
Fatigue	40%
Sore Throat	36%
Loss of smell or taste	29%
Muscle pain	25%
Fever	21%

5 days
Average illness duration among children

Among Vermont's children with COVID-19, there are currently no reported cases of multi-system inflammatory syndrome or deaths, and there are fewer than six hospitalizations.

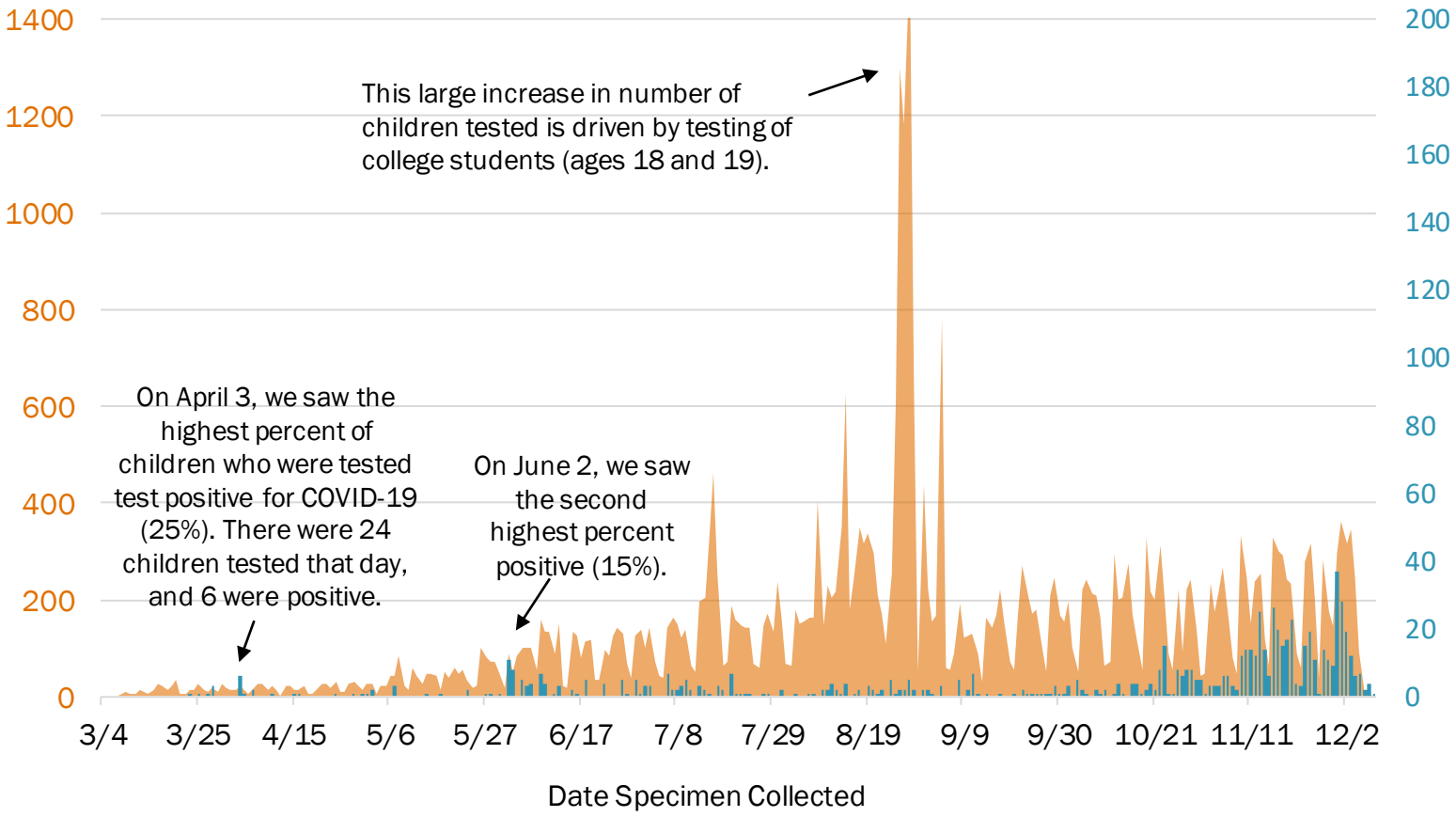
The percent of COVID-19 cases with no symptoms is higher among children. Less than half (33%) of cases among children had no symptoms reported.



68% of children with COVID-19 had known contact with somebody else who had COVID-19.

21% of children with COVID-19 were part of an outbreak.

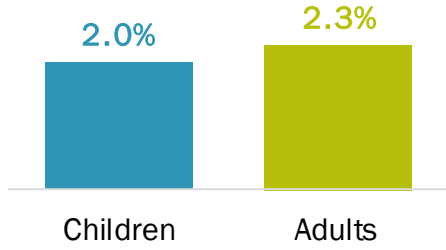
The number of children tested for COVID-19 and the number of children who tested positive have increased over time.



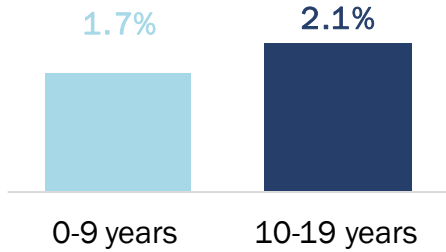
Total tests represents the total number of children tested.
Please note that <1% individuals tested are missing age. They are excluded from these analyses.

38,632 children have been tested for COVID-19.

Percent of tests positive among children is similar to adults.



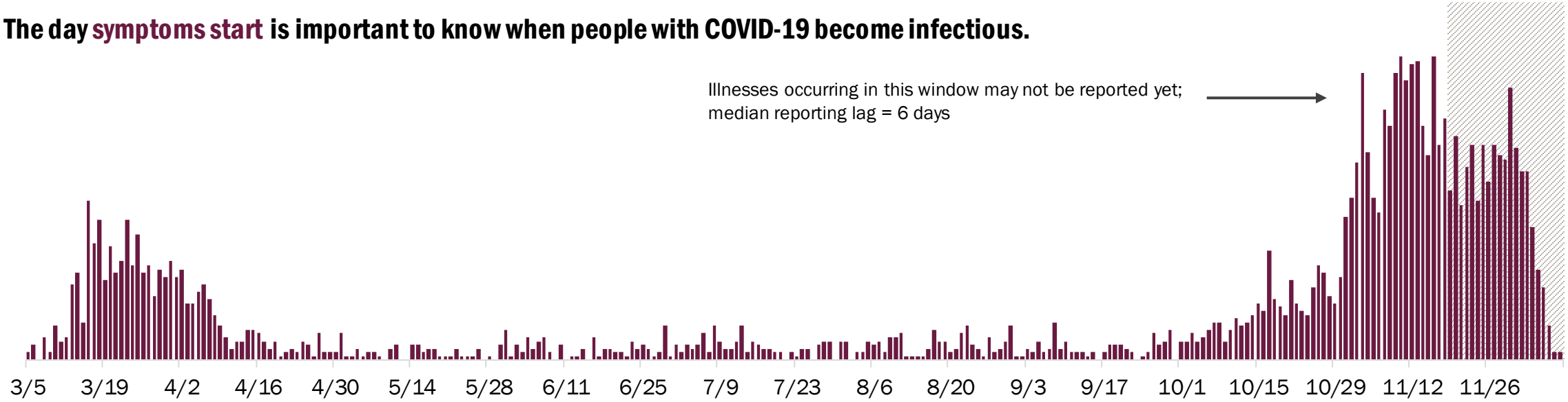
Percent of tests positive among younger children is similar to older children.



Clinical Course

What symptoms have Vermonters experienced? How many have been hospitalized? How many have died?

The day symptoms start is important to know when people with COVID-19 become infectious.



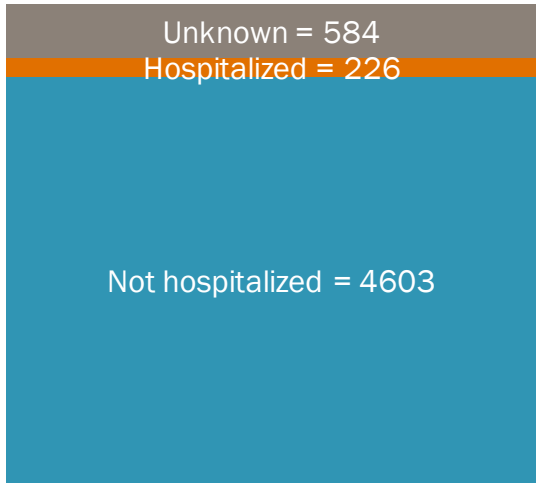
Note: Date of symptom onset is not always known.

10 days
Average illness duration

71%
Cases with symptoms

Sign or Symptom	Percent of Symptomatic Cases
Fatigue	59%
Cough	58%
Headache	53%
Runny Nose	47%
Muscle Pain	46%
Loss of Smell/Taste	41%
Felt Feverish	38%
Sore Throat	35%

Most Vermonters with COVID-19 are not hospitalized.



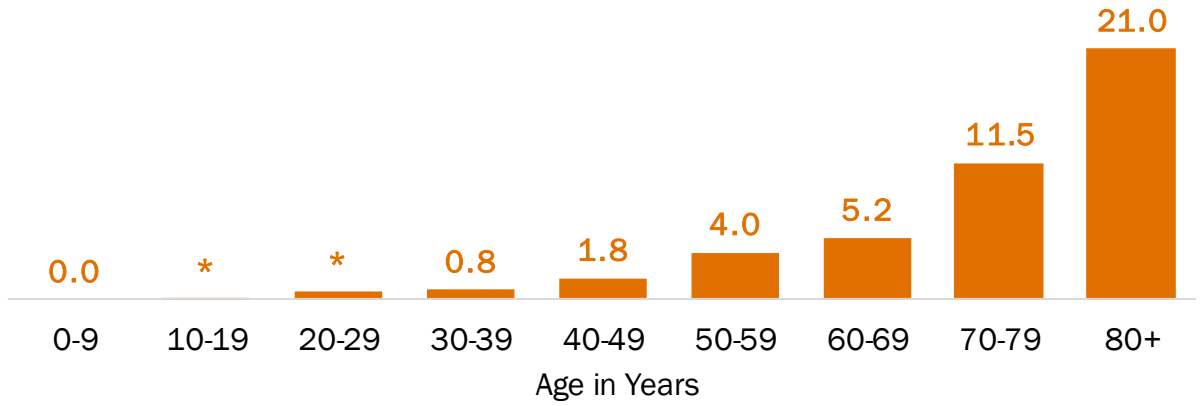
10%
Of those hospitalized were on a ventilator

30%
Of those hospitalized were in the ICU

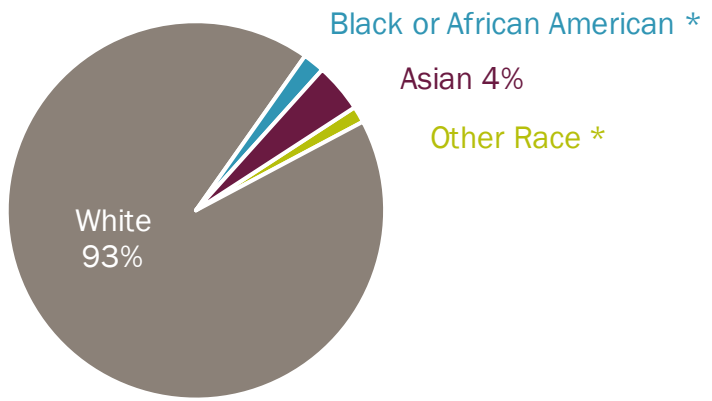
8 days
Average hospital stay (range: 0-43 days)

Vermonters 80 years and older are more likely to be hospitalized for COVID-19.

Rate per 10,000 Vermonters



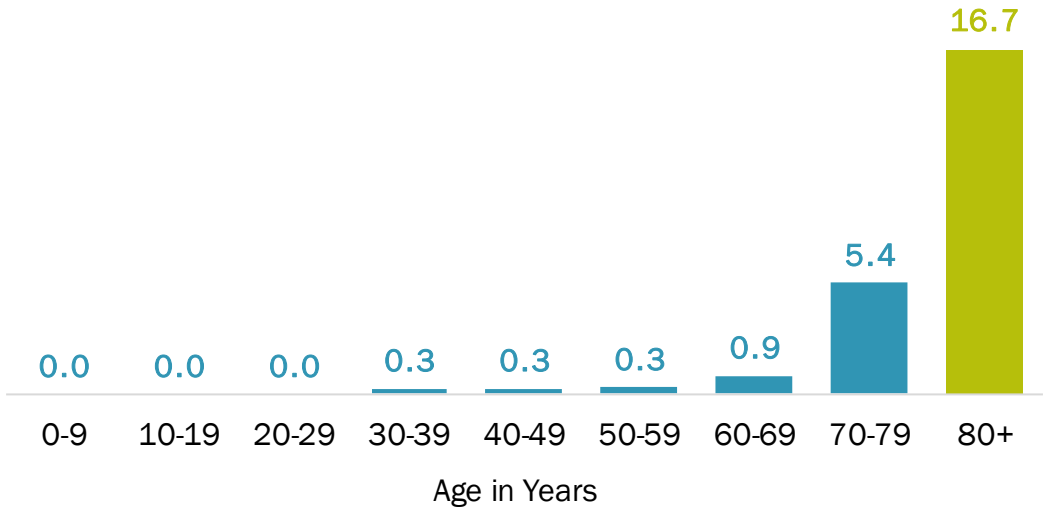
White Vermonters represent a majority of hospitalized COVID-19 cases.



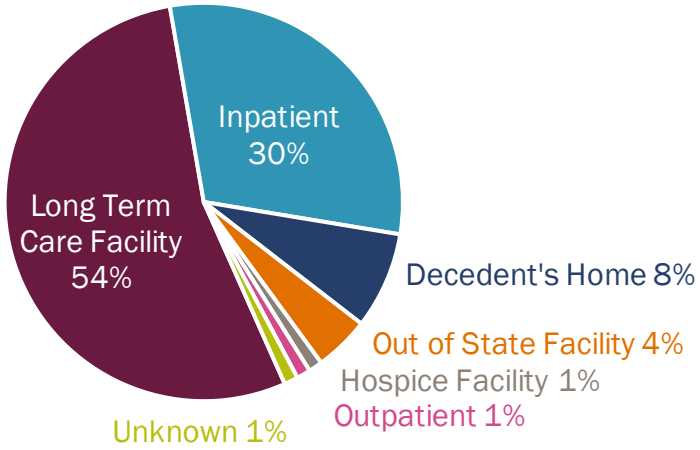
Please note 10 hospitalized persons are missing race information.
*Values suppressed due to small numbers.

Vermonters 80 years and older have higher rates of COVID-19 death than other age groups.

Rate per 10,000 Vermonters

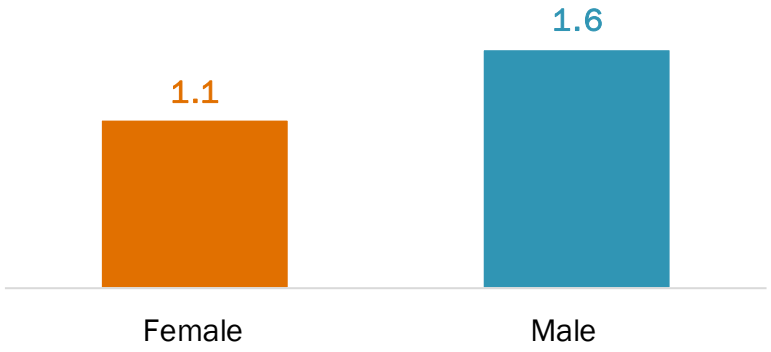


Most COVID-19 deaths occurred in a long-term care facility or an inpatient hospital setting.



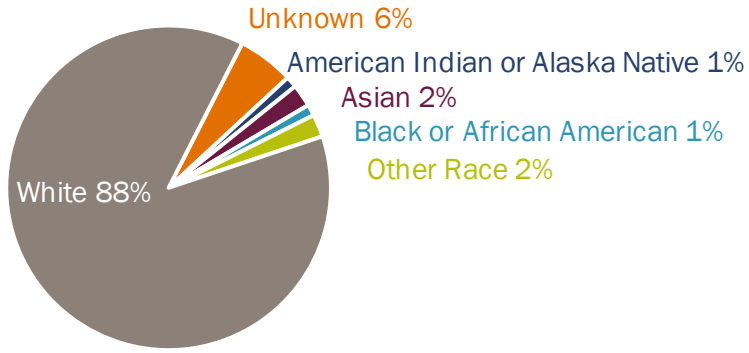
Females and males have similar rates of COVID-19 death.

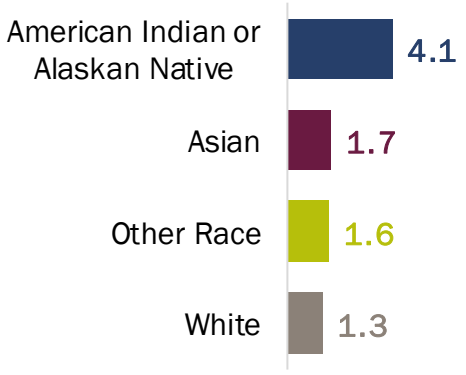
Rate per 10,000 Vermonters



White Vermonters represent a majority of COVID-19 deaths. Death rates by race are similar.

Rate per 10,000 Vermonters





Note: No deaths have identified as Hispanic or Latino.

Clinical Course

Outbreaks

How is COVID-19 impacting group settings?

Outbreaks can occur in many types of places. Here is what outbreak means in these places:

Community Settings

3 or more COVID-19 cases involving more than one family or household where the cases:

- have an illness start date or positive test collection date within 14 days, and
- are linked through contact or location, and
- are not linked to another outbreak, and
- there is no other more likely source of exposure.

Resolved when no new COVID-19 positive tests or people with COVID-like illness occur after 28 days from the last positive test or illness start date (whichever is later).

Educational Settings

2 or more COVID-19 cases among children/students or teachers/staff with known connections in the educational setting, and the cases:

- have an illness start date or a positive test collection date within 14 days, and
- Do not live together or have close contact with each other in another setting, and
- there is no other more likely source of exposure.

Resolved when no new COVID-19 positive tests or people with COVID-like illness occur after 28 days from the last known exposure to the school.

Congregate Care or Living Settings*

One resident or staff member with COVID-19, and one or more residents or staff with respiratory illness who have had contact with each other.

or

Two or more facility residents and/or staff with an illness start or positive test collection date within 14 days.

*Examples include long-term care and other residential care facilities, correctional facilities and homeless shelters.

Resolved when no new COVID-19 positive tests occur after 28 days from the last positive test or illness start date (whichever is later).

Workplaces

2 or more COVID-19 cases among employees at the same workplace, and the cases:

- had contact with each other in the workplace, and
- an illness start or positive test collection date within 14 days, and
- do not live together or have close contact with each other in another setting, and
- there is no other more likely source of exposure.

Resolved when no new COVID-19 positive tests or people with COVID-like illness occur after 28 days from the last known exposure to the workplace.

22% of people testing positive for COVID-19 are associated with an outbreak

Outbreaks

38 Active

50 Resolved*

*See previous page for definitions of resolved outbreaks.

Congregate Care & Living

378
cases among residents

184
cases among facility staff

Schools and Child Care

39
cases among children and staff

Workplace

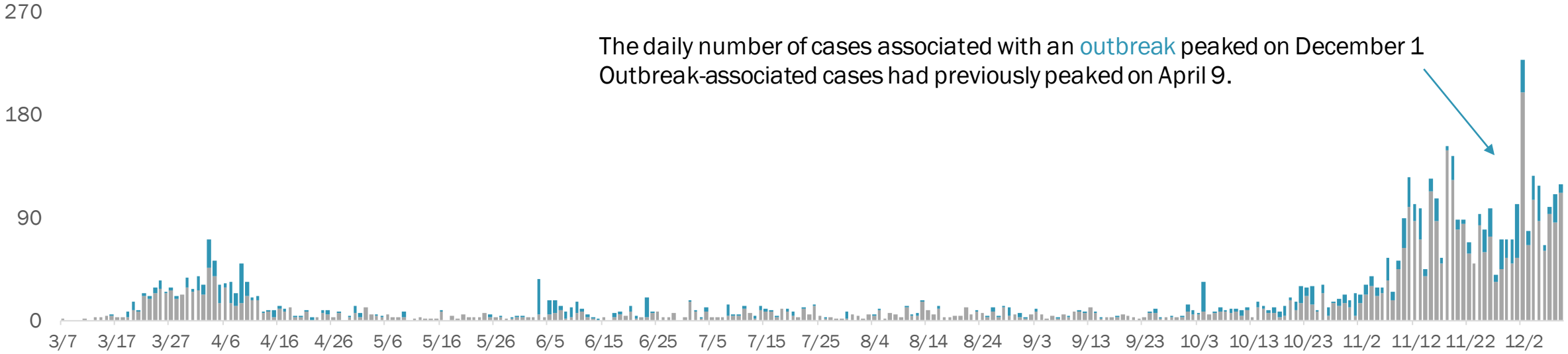
119
cases among employees

Community

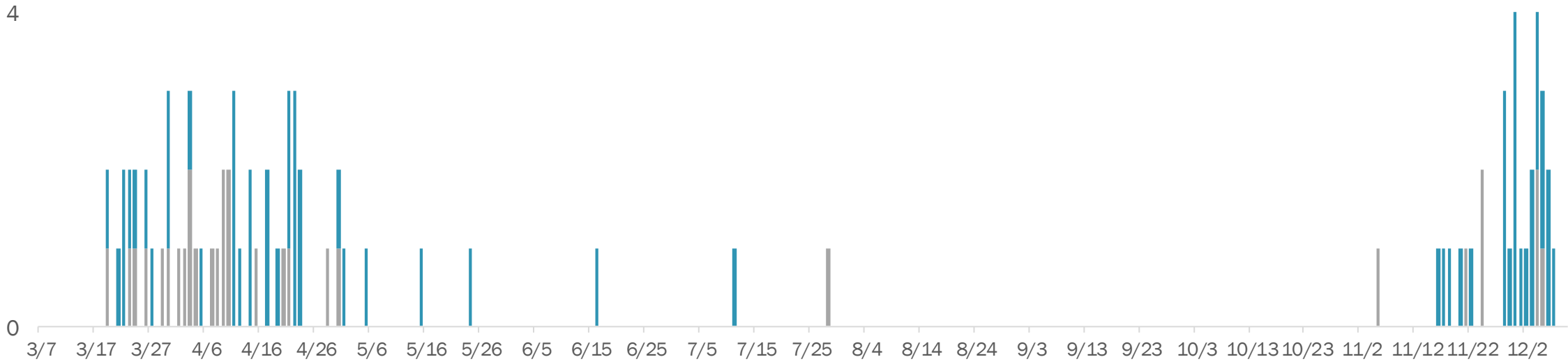
441
cases

Source: Vermont Department of Health
Reflects confirmed data as of 12/9/2020

Vermont COVID-19 Cases Associated with an Outbreak Over Time

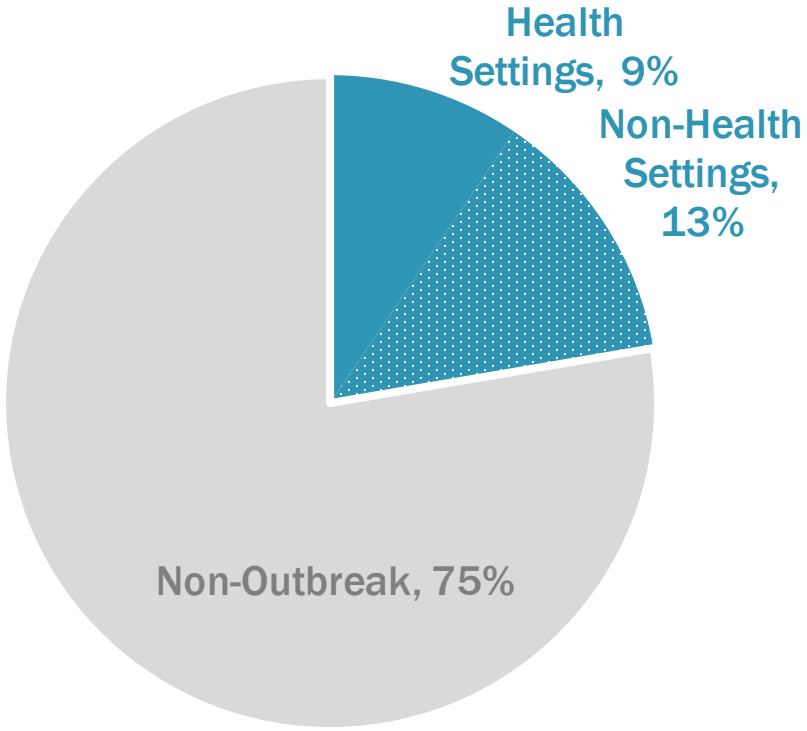


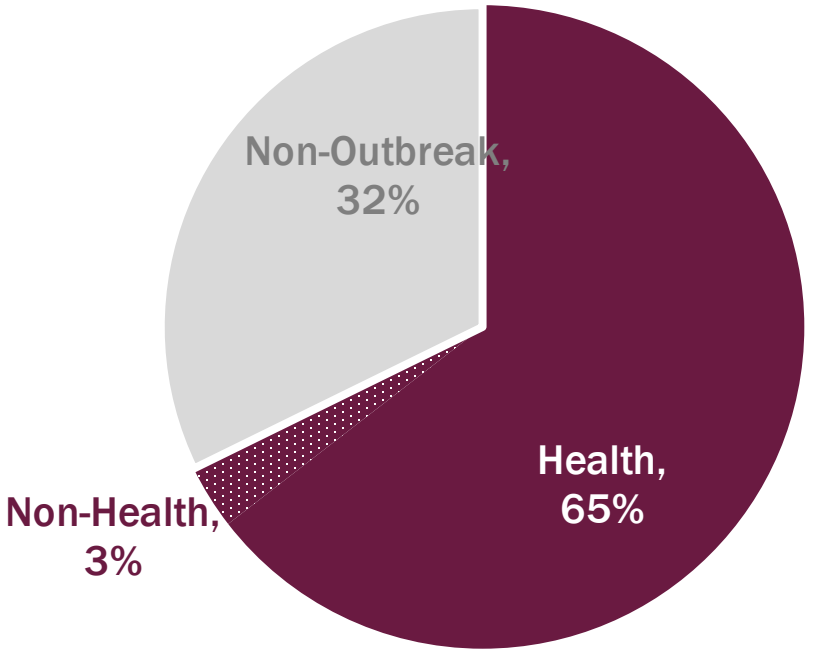
Vermont COVID-19 Deaths Associated with an Outbreak Over Time



Source: Vermont Department of Health
Reflects confirmed data as of 12/9/2020

While only 22% of all people testing positive for COVID-19 are associated with an outbreak, more than 65% of COVID-19-related deaths occur in outbreak settings.





Values in these charts are rounded to the nearest whole number and therefore may not always add to 100% due to error introduced in rounding.

Note: Examples of a health setting include long term care or assisted living facilities, therapeutic treatment centers, and behavioral health institutions. Examples of a non-health setting include correctional facilities, senior housing communities, businesses, and homeless shelters. Vermont has not experienced an outbreak in all health and non-health settings.

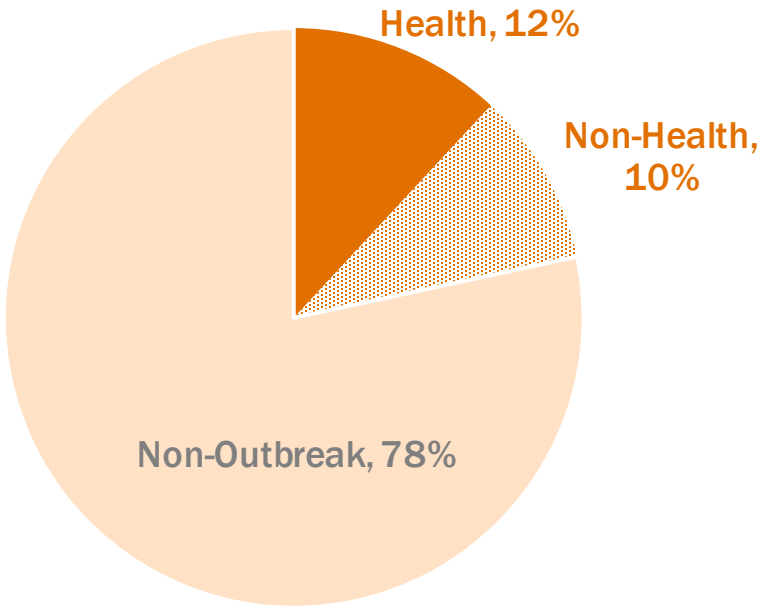
Source: Vermont Department of Health
Reflects confirmed data as of 12/9/2020

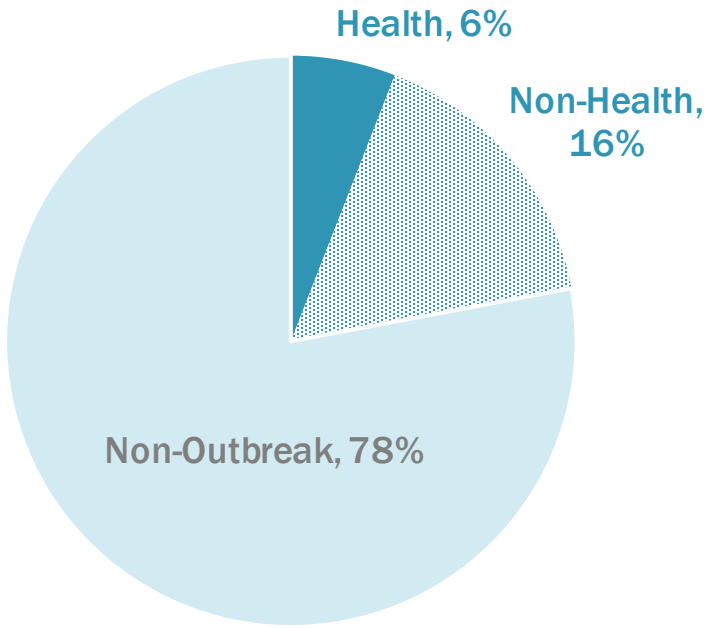
The percentage of males with COVID-19 that are associated with an outbreak is slightly higher than the percentage of females with COVID-19 that are associated with an outbreak.

22% of females with COVID-19 are associated with an outbreak.

22% of males with COVID-19 are associated with an outbreak.

In outbreak settings, males with COVID-19 are more likely to be associated with non-health settings than health settings.



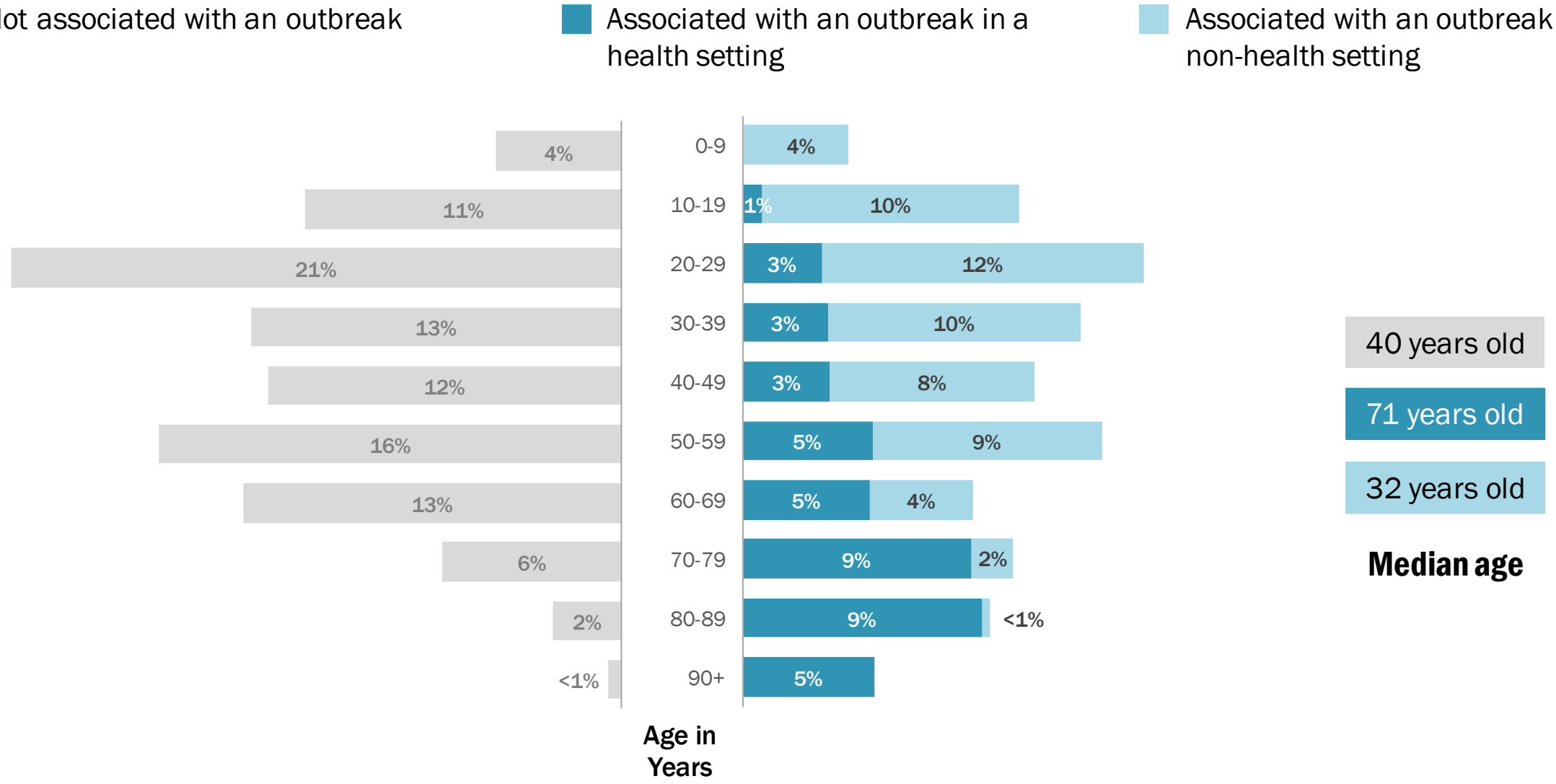


Values in these charts are rounded to the nearest whole number and therefore may not always add to 100% due to error introduced in rounding.
Percentages by outbreak type are rounded to the whole number, but combined totals consider the full percentages.

Note: Examples of a health setting include long-term care or assisted living facilities, therapeutic treatment centers, and behavioral health institutions. Examples of a non-health setting include correctional facilities, senior housing communities, businesses, and homeless shelters.
Vermont has not experienced an outbreak in all health and non-health settings.

Source: Vermont Department of Health
Reflects case counts as of 12/9/2020

Percent of People Testing Positive for COVID-19 by Outbreak Status and Age



Note: Examples of a health setting include long-term care or assisted living facilities, therapeutic treatment centers, and behavioral health institutions.
Examples of a non-health setting include correctional facilities, senior housing communities, businesses, and homeless shelters.
Vermont has not experienced an outbreak in all health and non-health settings.

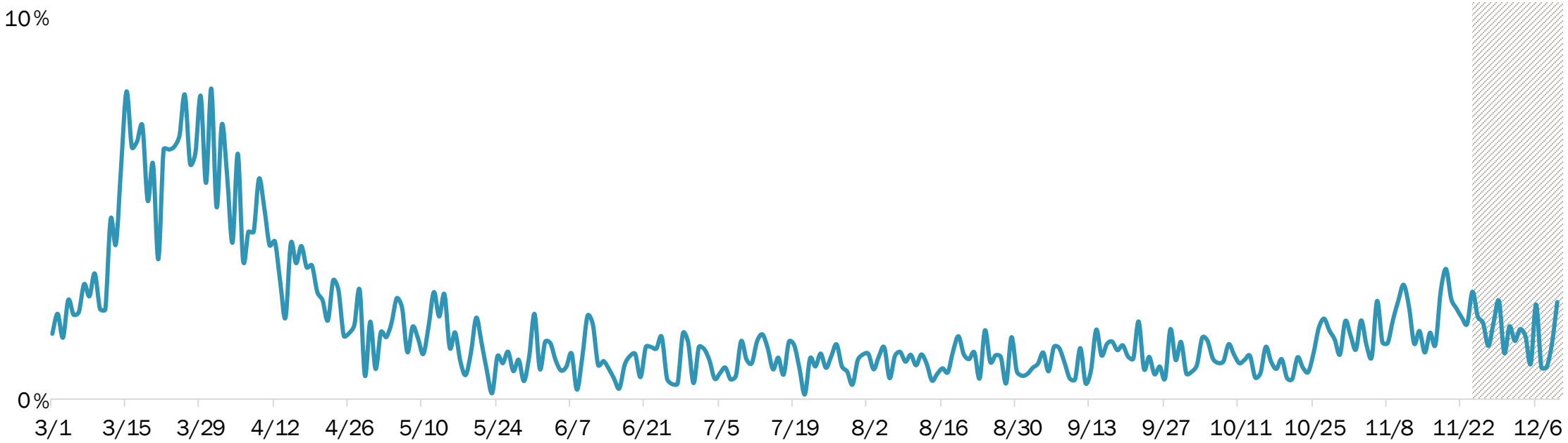
Source: Vermont Department of Health
Reflects case counts as of 12/9/2020

Syndromic Surveillance

What we can learn from emergency room and urgent care centers?

The percent of emergent care visits for COVID-19-like illness has increased slightly since late October.

Syndromic surveillance from 13 of 14 Vermont hospitals and 2 urgent care centers. Monitoring this data acts as an early indicator of potential spikes of COVID-19 in the community.



Interpret with caution, there is a chance for over or underestimation given the lag in reporting.

COVID-19-like illness diagnosis is determined using the patient's chief complaint and/or discharge diagnosis.

COVID-19-like illness is the presence of a fever with the addition of shortness of breath, difficulty breathing, or cough.

COVID-19-like illness excludes patients with an influenza discharge diagnosis.

Weekly Spotlight: Populations at High Risk for Severe COVID-19

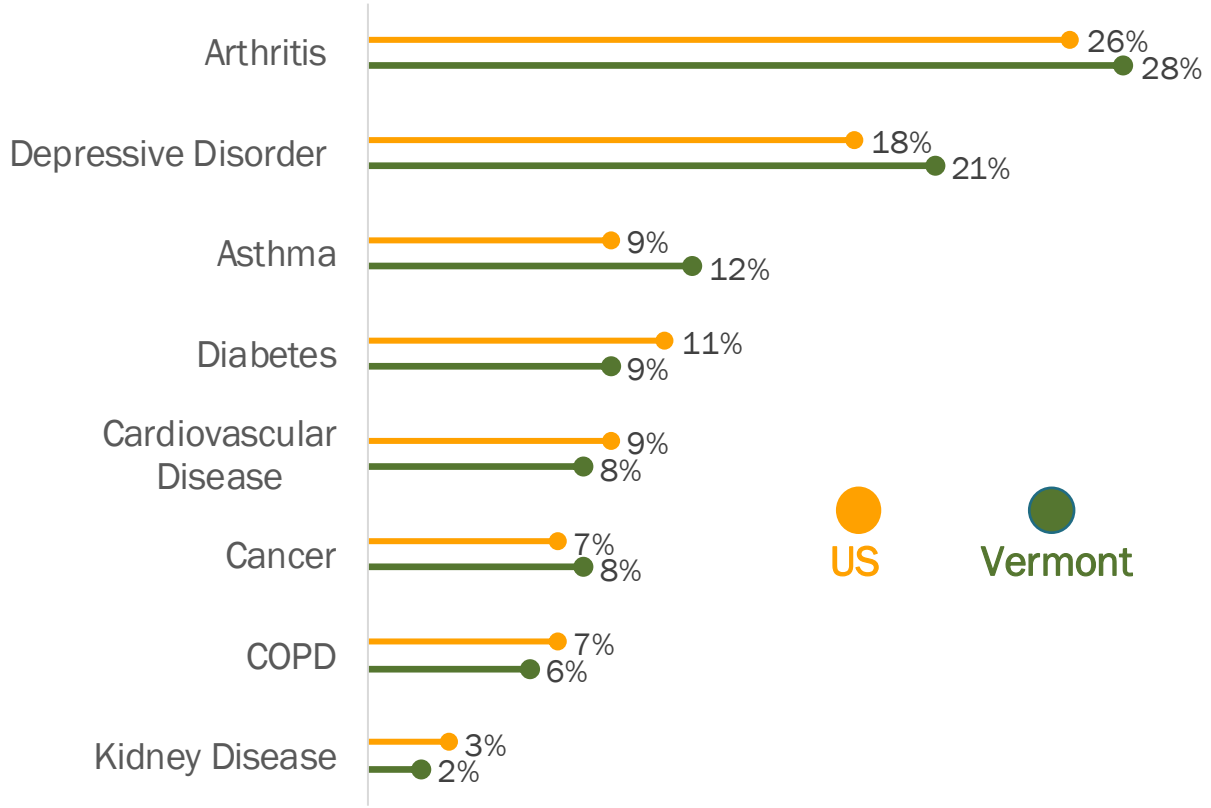
This section focuses on Vermonters with COVID-19 who are 60 years and older or who have a pre-existing health condition. These two populations are at the highest risk for serious COVID-19 related outcomes.

Vermont has a relatively older population compared to the U.S., and the prevalence of some chronic conditions is higher.

States with the highest percent of the population over 65 years old:

1. Maine (21.3%)
2. Florida (20.9%)
3. West Virginia (20.5%)
4. Vermont (20.1%)

Prevalence of Chronic Conditions among Adults



Source: American Community Survey, 2019; BRFSS 2018

How many people in Vermont are at high risk?

172,873 Are at least 60 years old

318,880 Live with a chronic health condition*

487,200 Are at least 60 years old or live with a chronic health condition**

*Chronic conditions include asthma, arthritis, depression, diabetes, cancer, heart disease, COPD/ lung disease, and kidney disease.

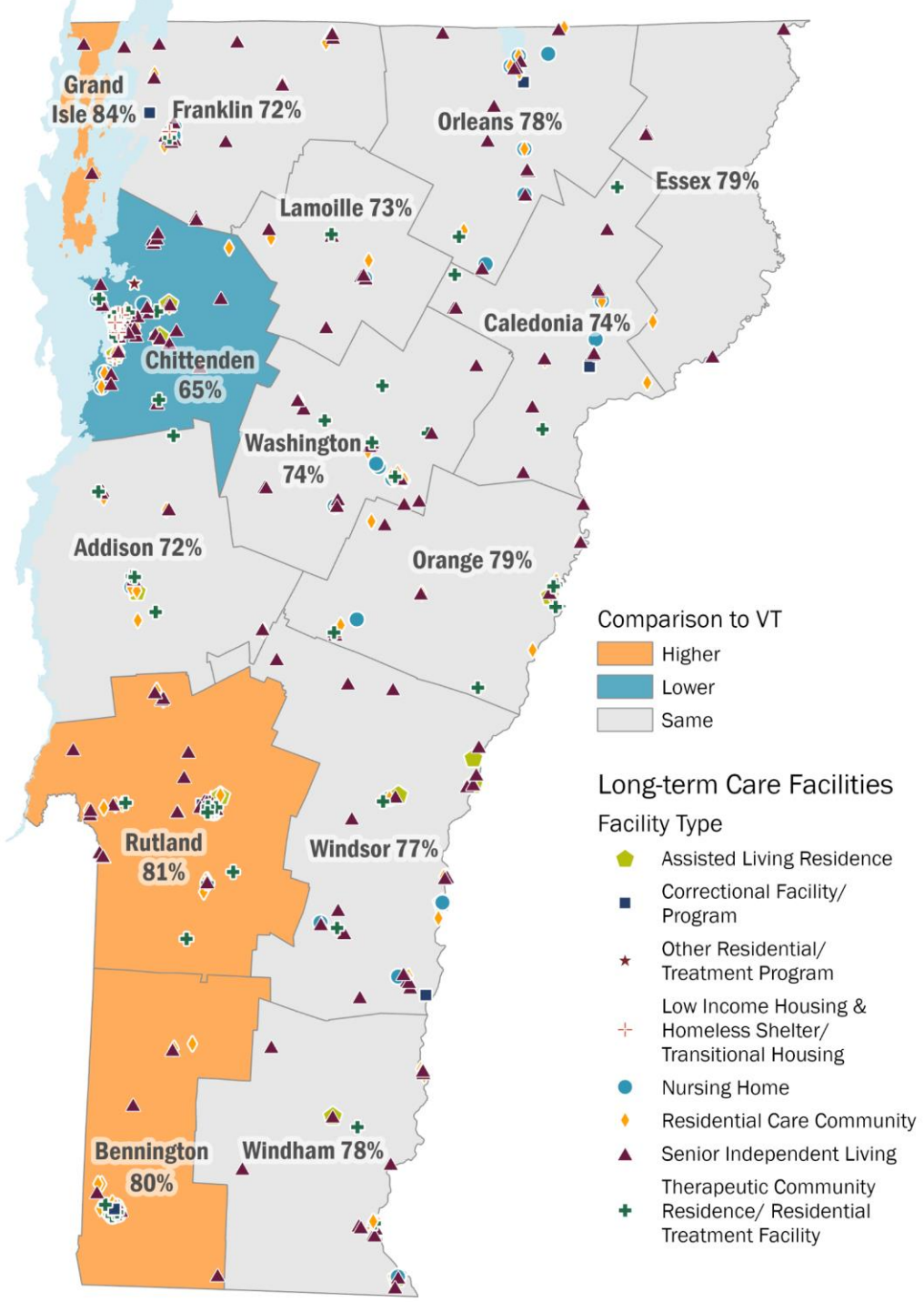
**Please note data for chronic conditions is among adults 18 years or older is an estimate from the 2018 Behavioral Risk Factor Surveillance System. We do not have population estimates for all Vermonters with a chronic condition.

Source: Vermont Department of Health, 2020.

Are there certain parts of the state where high risk populations live?

74% of Vermont adults have a chronic health condition or are at least 60 years old.

- **Tend to live in more rural areas**
- **Congregate care settings, like rehabilitation centers or long-term care facilities.**



Vermont Department of Health

Weekly Spotlight

How many people with COVID-19 are at high risk in Vermont?

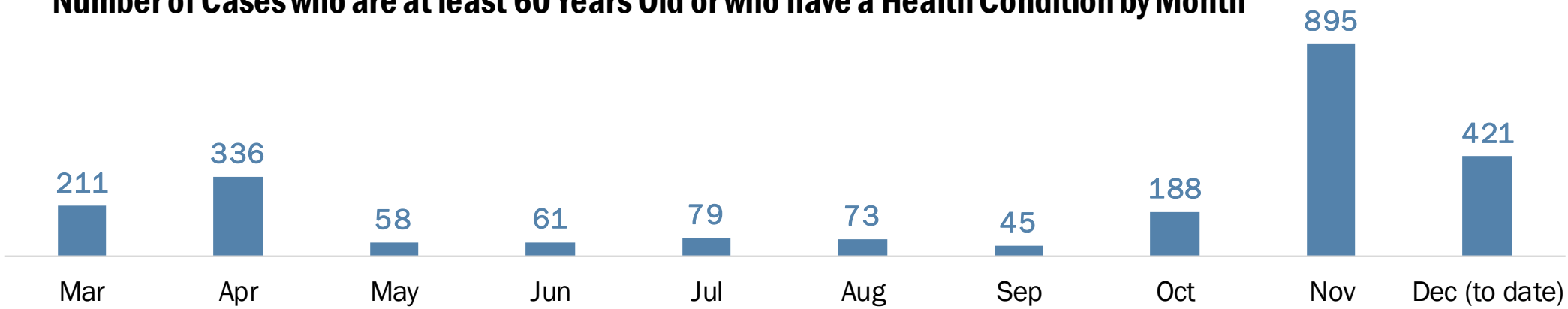
1,269 Are at least 60 years old

1,685 Have a pre-existing health condition

2,367 Are at least 60 years old or have a pre-existing health condition

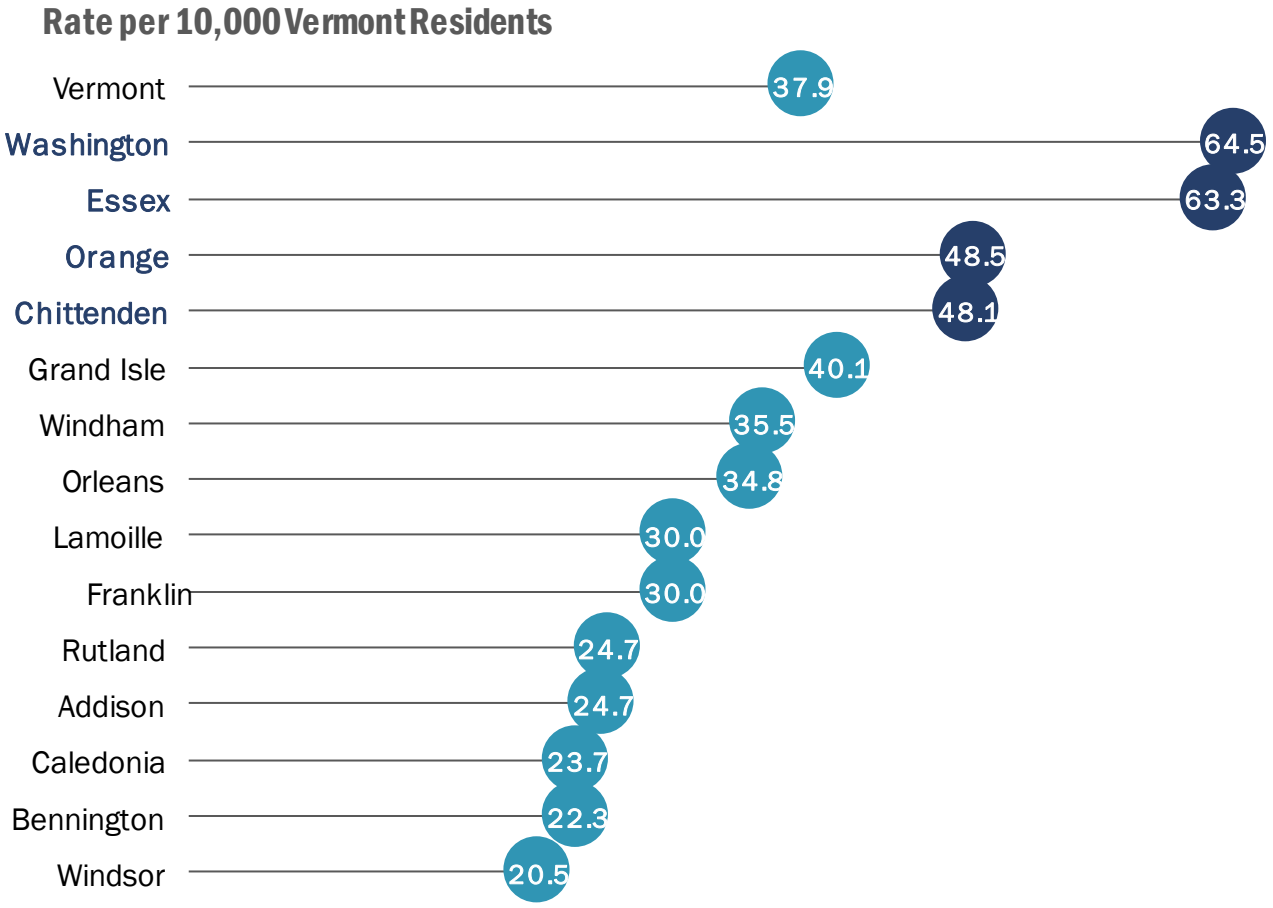
57% of Vermonters with COVID-19 have a pre-existing health condition or are at least 60 years old.*

Number of Cases who are at least 60 Years Old or who have a Health Condition by Month



Pre-existing conditions including those found on slide 15.
588 Vermont residents have both a pre-existing condition and are at least 60 years.
*Of the 4,158 Vermonters we have health condition data for.

Cases of COVID-19 among a high-risk group are disproportionately high in Washington, Essex, Orange, and Chittenden County.



Why?

- COVID-19 incidence rates are also highest in these 4 counties, which indicates greater likelihood that high risk populations will be affected.
- There have been several long-term care facility outbreaks in Chittenden and Washington County.

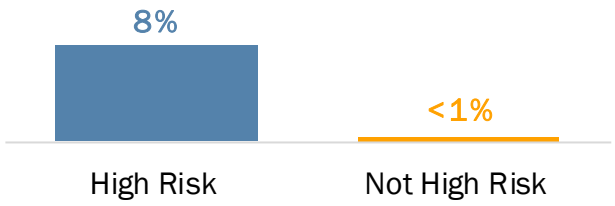
The rates for Washington, Essex, Orange and Chittenden are statistically higher than the Vermont rate.

Vermonters with COVID-19 who are high risk have more serious health outcomes.

Average Length of Illness (Days)

Average Length of Hospitalization (Days)

Percent hospitalized



Nearly 1 in 3 high risk Vermonters hospitalized are admitted to the ICU (31%).

All deaths have been among those who are high risk.

4% case fatality rate among those who are high risk.

0% case fatality rate among those who are not high risk (0 deaths).

VERMONT
DEPARTMENT OF HEALTH

Learn more about COVID-19 in Vermont:

Web: www.healthvermont.gov/COVID-19

Email: AHS.VDHPublicCommunication@vermont.gov

See more data: Weekly Data Summaries