Weekly Summary of Vermont COVID-19 Data

Reflecting cases identified between March 5, 2020 – February 3, 2021

Date published: February 5, 2021. This summary will be updated every Friday.
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 January 27 through February 3.

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.
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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: 12,503
Most counties continue to see new cases.
Growth over time by county (n=11,515)

Cumulative cases are presented using a log scale to help compare the large number of cases in Chittenden County (n=4,178, roughly 33% 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.
The highest percent of positive tests (15%) was on March 29.

Testing volume increased greatly at the end of August in preparation for the return of college students.

The increase in percent positive is a combination of increased number of people testing positive, as well as a change in how UVM is reporting results due to their network issues.

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.

*Not a stable estimate due to small numbers. There were 8 total tests and 1 was positive.
The distribution of people tested for COVID-19 in Vermont varies by age group.

<table>
<thead>
<tr>
<th>Age in Years</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-9</td>
<td>5%</td>
</tr>
<tr>
<td>10-19</td>
<td>12%</td>
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<tr>
<td>20-29</td>
<td>18%</td>
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<td>30-39</td>
<td>14%</td>
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<tr>
<td>40-49</td>
<td>12%</td>
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<tr>
<td>50-59</td>
<td>14%</td>
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<tr>
<td>60-69</td>
<td>13%</td>
</tr>
<tr>
<td>70-79</td>
<td>8%</td>
</tr>
<tr>
<td>80+</td>
<td>4%</td>
</tr>
</tbody>
</table>

More females are tested than males for COVID-19.

55% of people tested for COVID-19 are female. 45% 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

- White 91.5%
- American Indian or Alaskan Native 0.3%
- Asian 2.1%
- Black or African American 2.0%
- Other Race 4.1%

Other Race 69.6%
Black or African American 48.8%
Asian 37.0%
White 33.3%
American Indian or Alaskan Native 32.0%

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

- Non-Hispanic 97.6%
- Hispanic 2.4%

Hispanic 33.2%
Non-Hispanic 27.9%

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.

Number of full-time equivalent contact tracing staff trained: 82
Cases interviewed last week: 774
Contacts named last week: 1,179
Average number of contacts per case*: 3.1

*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). Some cases (long term care facility residents, for example) are not managed by the contact tracing team and are not “eligible” for interview.
In the last two weeks (from January 17 to January 30):

- **84%** Of cases were interviewed within 24 hours.
- **79%** Of cases provided their close contacts.
- **66%** Of contacts were tested within 14 days of exposure.
- **12%** 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 years old.
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

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

- Black or African American: 617.7
- Asian: 476.4
- Other Race: 218.0
- White: 168.7
- American Indian or Alaskan Native: 57.4

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

Rate per 10,000 Vermonters

- Hispanic: 207.6
- Non-Hispanic: 167.4

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 = 1,077) and ethnicity is unknown in 16% of cases (n = 1,852).
Approximately 35% of people* with COVID-19 have a pre-existing condition.

*of the 10,345 people that the Health Department has pre-existing condition data for.

<table>
<thead>
<tr>
<th>Condition</th>
<th>Count</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Other Chronic Condition**</td>
<td>1,054</td>
<td>10%</td>
</tr>
<tr>
<td>Chronic Lung Disease (includes asthma and COPD)</td>
<td>995</td>
<td>10%</td>
</tr>
<tr>
<td>Current/Former Smoker</td>
<td>954</td>
<td>9%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>533</td>
<td>5%</td>
</tr>
<tr>
<td>Heart Disease</td>
<td>454</td>
<td>4%</td>
</tr>
<tr>
<td>Disability***</td>
<td>207</td>
<td>2%</td>
</tr>
<tr>
<td>Immunocompromised Condition</td>
<td>142</td>
<td>1%</td>
</tr>
<tr>
<td>Chronic Kidney Disease</td>
<td>79</td>
<td>1%</td>
</tr>
<tr>
<td>Pregnant</td>
<td>65</td>
<td>1%</td>
</tr>
<tr>
<td>Chronic Liver Disease</td>
<td>27</td>
<td>0.3%</td>
</tr>
</tbody>
</table>

**28% 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.

***Includes neurologic, neurodevelopmental, and intellectual disabilities, as well as physical, vision, and hearing impairments (as of 11/4/20).

The Health Department has information about pre-existing conditions in 83% (10,345) of 12,503 total COVID-19 cases.
Prevalence of select conditions in COVID-19 adult patients and Vermont adults.


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

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

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

Health care worker cases peaked on December 2.

80% of health care workers with COVID-19 are female.

35% of health care workers with COVID-19 are associated with an outbreak.

1 in 10 Vermonters with COVID-19 are health care workers.

The age distribution of health care workers and non-health care workers with COVID-19 is similar.

The Health Department has information about healthcare worker status in 89% (11,073) of 12,503 total COVID-19 cases.

The Vermont Department of Health
White Vermonters represent the majority of health care workers with COVID-19. Black or African American 6% American Indian or Alaskan Native * Asian 3% Other Race *

* Value suppressed due to small numbers.

Most health care workers with COVID-19 are not hospitalized. Not Hospitalized = 970 Hospitalized = 19 Unknown = 35

There are no reported deaths among health care workers.

Most health care workers with COVID-19 have symptoms.

Symptomatic 76% Asymptomatic 21% Unknown 2%

Sign or Symptom among Health Care Workers with COVID-19

<table>
<thead>
<tr>
<th>Percent of Symptomatic Cases</th>
<th>Cough</th>
<th>Fatigue</th>
<th>Headache</th>
<th>Runny Nose</th>
<th>Muscle Pain</th>
<th>Loss of Smell or Taste</th>
<th>Chills</th>
<th>Loss of Appetite</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>62%</td>
<td>61%</td>
<td>59%</td>
<td>54%</td>
<td>50%</td>
<td>43%</td>
<td>34%</td>
<td>26%</td>
</tr>
</tbody>
</table>
New and Cumulative Cases of Vermont Children (Age 19 and Younger) with COVID-19

Children represent 18% of Vermont’s cases.

26% of children with COVID-19 are 18 or 19 years old.

An outbreak was identified around this time.

Our highest daily number of all cases to date.

Vermont Department of Health
Older children have a higher rate of COVID-19 compared to younger children.
Rate per 10,000 Vermonters 0-19 years old

- 10 to 19 years: 203.4
- 0 to 9 years: 116.3

Female and male children have similar rates of COVID-19.
Rate per 10,000 Vermonters 0 to 19 years old

- Female: 161.0
- Male: 166.8

Among children with COVID-19, Black, Indigenous and people of color represent 23% of cases.

- White: 78%
- Asian: 8%
- Other Race: 4%
- Black or African American: 10%

Among children with COVID-19, Black or African Americans have the highest rate.
Rate per 10,000 Vermonters 0 to 19 years

- Black or African American: 705.7
- Asian: 523.9
- White: 129.2
- Other Race: 140.4

Note: No children with COVID-19 identify as American Indian or Alaskan Native.
### Symptoms and How Children Contract COVID-19

<table>
<thead>
<tr>
<th>Sign or Symptom</th>
<th>Percent of Children with Symptom</th>
</tr>
</thead>
<tbody>
<tr>
<td>Runny nose</td>
<td>51%</td>
</tr>
<tr>
<td>Headache</td>
<td>44%</td>
</tr>
<tr>
<td>Cough</td>
<td>42%</td>
</tr>
<tr>
<td>Fatigue</td>
<td>39%</td>
</tr>
<tr>
<td>Sore Throat</td>
<td>37%</td>
</tr>
<tr>
<td>Loss of smell or taste</td>
<td>26%</td>
</tr>
<tr>
<td>Muscle pain</td>
<td>25%</td>
</tr>
<tr>
<td>Fever</td>
<td>21%</td>
</tr>
</tbody>
</table>

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.

5 days
Average illness duration among children

The percent of COVID-19 cases with **no symptoms** is higher among children. Less than one third (31%) of cases among children had **no symptoms** reported.

67% of children with COVID-19 had known contact with somebody else who had COVID-19.

16% of children with COVID-19 were part of an outbreak.

Vermont Department of Health
The number of tests among children for COVID-19 and the number of positive tests have increased over time.

This large increase in number of children tested is driven by testing of college students (ages 18 and 19).

There have been 166,584 COVID-19 tests completed among children.

Percent of tests positive among children is similar to adults.

Percent of tests positive among younger children is greater than older children, however many more older children have been tested.
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.

<table>
<thead>
<tr>
<th>Sign or Symptom</th>
<th>Percent of Symptomatic Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cough</td>
<td>57%</td>
</tr>
<tr>
<td>Fatigue</td>
<td>54%</td>
</tr>
<tr>
<td>Headache</td>
<td>52%</td>
</tr>
<tr>
<td>Runny Nose</td>
<td>50%</td>
</tr>
<tr>
<td>Muscle Pain</td>
<td>44%</td>
</tr>
<tr>
<td>Loss of Smell/Taste</td>
<td>37%</td>
</tr>
<tr>
<td>Sore Throat</td>
<td>35%</td>
</tr>
<tr>
<td>Felt Feverish</td>
<td>34%</td>
</tr>
</tbody>
</table>

9 days
Average illness duration

70%
Cases with symptoms

Illnesses occurring in this window may not be reported yet; median reporting lag = 5 days
Most Vermonters with COVID-19 are not hospitalized.

- Not hospitalized: 10,736
- Hospitalized: 402
- Unknown: 1,365

7% Of those hospitalized were on a ventilator

24% Of those hospitalized were in the ICU

7 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

<table>
<thead>
<tr>
<th>Age in Years</th>
<th>Rate/10,000</th>
<th>0-9</th>
<th>10-19</th>
<th>20-29</th>
<th>30-39</th>
<th>40-49</th>
<th>50-59</th>
<th>60-69</th>
<th>70-79</th>
<th>80+</th>
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</thead>
<tbody>
<tr>
<td>0-9</td>
<td>0.2</td>
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<td>10-19</td>
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<td>20-29</td>
<td>1.9</td>
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<td></td>
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<tr>
<td>30-39</td>
<td>1.4</td>
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<tr>
<td>40-49</td>
<td>3.6</td>
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<tr>
<td>50-59</td>
<td>6.3</td>
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<tr>
<td>60-69</td>
<td>9.5</td>
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<td>70-79</td>
<td>20.3</td>
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<td></td>
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<tr>
<td>80+</td>
<td>35.9</td>
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</tbody>
</table>

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

- White: 92%
- Asian: 4%
- Black or African American: 2%
- Other Race: *

Please note 17 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.
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

Three 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 confirmed or probable COVID-19 cases after 28 days (2 incubational periods) have passed since the most recent case’s specimen collection date or illness onset date (whichever is later).

### Educational Settings

Two 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 confirmed or positive cases are identified after 28 days (two incubation periods) from the last known facility exposure from a case, or if unknown, the last case’s specimen collection or illness onset date (whichever is later).

### Congregate Care or Living Settings*

Two or more patients/clients/residents or staff members with COVID-19 and known connections to each other in the facility setting.

*Examples include inpatient & outpatient healthcare settings as well as 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

Two or more COVID-19 cases among employees or customers at the same workplace, and the cases:
- had contact with each other in the business, **and**
- have 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 confirmed or probable cases are identified after 28 days (two incubation periods) from the last known business exposure from a case, or if unknown, the last case’s specimen collection date or illness onset date (whichever is later).
19% of people testing positive for COVID-19 are associated with an outbreak.

Outbreaks
68 Active
128 Resolved*

*See previous page for definitions of resolved outbreaks.

Vermont Department of Health

Reflects confirmed data as of 2/3/2021

Congregate Care & Living
- 590 cases among residents
- 383 cases among facility staff

Schools and Child Care
- 369 cases among children and staff

Workplaces
- 427 cases among employees

Community
- 678 cases

Source: Vermont Department of Health
Vermont COVID-19 Cases Associated with an Outbreak Over Time

The daily number of cases associated with an outbreak peaked on December 16, 2020. Outbreak-associated cases had previously peaked on April 9 and December 1.

Vermont COVID-19 Deaths Associated with an Outbreak Over Time

Source: Vermont Department of Health
Reflects confirmed data as of 2/3/2021
While only 19% of all people testing positive for COVID-19 are associated with an outbreak, 70% of COVID-19-related deaths have occurred 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 2/3/2021
A similar percentage of females and males with COVID-19 are associated with outbreaks

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

18% of males with COVID-19 are associated with an outbreak.

Males with COVID-19 are more likely to be associated with outbreaks in non-health settings.

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

Source: Vermont Department of Health
Reflects case counts as of 2/3/2021
Percent of People Testing Positive for COVID-19 by Outbreak Status and Age

<table>
<thead>
<tr>
<th>Age in Years</th>
<th>Not associated with an outbreak</th>
<th>Associated with an outbreak in a health setting</th>
<th>Associated with an outbreak in a non-health setting</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-9</td>
<td>6%</td>
<td>4%</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>10-19</td>
<td>13%</td>
<td>1%</td>
<td>10%</td>
</tr>
<tr>
<td>20-29</td>
<td>20%</td>
<td>4%</td>
<td>14%</td>
</tr>
<tr>
<td>30-39</td>
<td>13%</td>
<td>3%</td>
<td>8%</td>
</tr>
<tr>
<td>40-49</td>
<td>13%</td>
<td>3%</td>
<td>8%</td>
</tr>
<tr>
<td>50-59</td>
<td>15%</td>
<td>4%</td>
<td>8%</td>
</tr>
<tr>
<td>60-69</td>
<td>12%</td>
<td>4%</td>
<td>5%</td>
</tr>
<tr>
<td>70-79</td>
<td>6%</td>
<td>6%</td>
<td>2%</td>
</tr>
<tr>
<td>80-89</td>
<td>2%</td>
<td>8%</td>
<td>&lt;1%</td>
</tr>
<tr>
<td>90+</td>
<td>&lt;1%</td>
<td>5%</td>
<td></td>
</tr>
</tbody>
</table>

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.

Source: Vermont Department of Health
Reflects case counts as of 2/3/2021

Median age:
- Associated with an outbreak in a health setting: 38 years old
- Associated with an outbreak in a non-health setting: 70 years old
- Not associated with an outbreak: 32 years old
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 remained steady for the past 3 weeks.
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: Timeline of Symptom Onset to Public Health Response

This section focuses on how long it takes after someone with COVID-19 starts to feel sick for the Health Department to receive their positive test result.
What does the process look like?

Someone is exposed to COVID-19. They start to feel sick. They get tested. The Health Department receives their positive test result. Contact tracing begins.
For most people, it takes about 4 days after they start to feel sick for the Health Department to receive their test result.
Teens and people in their 20s are tested sooner after starting to feel sick. People in their 50s and 60s are tested later after starting to feel sick.

*The Health Department has symptom onset information in 68% (8,558 of 12,503) COVID-19 cases.*
More people who are associated with an outbreak are tested sooner after developing symptoms.

Slightly more health care workers are tested sooner after developing symptoms.
One of the best ways to stop the spread of COVID-19 is by getting tested as soon as you start to feel sick.

• The sooner you find out you are positive, the sooner you can protect yourself and your community.
• Call your health care provider to find out if you should be tested.
• Remember, not everyone with COVID-19 has a fever, and even mild symptoms (like a headache or dry cough) could be signs of COVID-19.
• If you do not have a health care provider, call 2-1-1 to be connected to care, or contact the nearest federally qualified health center or one of Vermont’s free & referral clinics.
Learn more about COVID-19 in Vermont:

Web:  www.healthvermont.gov/COVID-19
Email: AHS.VDHPublicCommunication@vermont.gov
See more data:  Weekly Data Summaries