Weekly Summary of Vermont COVID-19 Data

Reflecting cases identified between March 5 – May 7, 2020

Date published: May 11, 2020. This summary will be updated every Friday.
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

For geographic information, please see the [COVID-19 Data Dashboard](https://www.doh.-state.vt.us/covid-19/) or [Town Map](https://www.doh.-state.vt.us/covid-19/town-map/). For more information on data sources, please see our Data Notes document.
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COVID-19 in Vermont

An overview of our number of cases and laboratory testing to date.
Total Number of Cases in Vermont: 918

The daily number of COVID-19 cases in Vermont peaked on April 3.
Most counties have reached a plateau in the number of new cases.

Growth over time by county (n=915)

Cumulative cases are presented using a log scale to help compare the large number of cases in Chittenden County (n=431, roughly 50% 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.

*Not a stable estimate due to small numbers. There were 9 total tests and 1 was positive.
Case Demographics

Who has been impacted by COVID-19 in Vermont?
Rates of COVID-19 are disproportionately high among Vermonters 80 years and older.

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

- White, 94.6%
- Black or African American, 2.3%
- American Indian or Alaskan Native, 0.1%
- Asian, 1.2%
- Other Race, 1.8%

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

Rate per 10,000 Vermonters

- Non-Hispanic, 97.6%
- Hispanic, 2.4%

Note: Race is unknown in 7% of cases and ethnicity is unknown in 15% of cases.
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.

Illnesses occurring in this window may not be reported yet; median reporting lag = 6 days

15 days
Average illness duration

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>75%</td>
</tr>
<tr>
<td>Fatigue</td>
<td>70%</td>
</tr>
<tr>
<td>Fever</td>
<td>55%</td>
</tr>
<tr>
<td>Headache</td>
<td>55%</td>
</tr>
<tr>
<td>Muscle Pain</td>
<td>53%</td>
</tr>
</tbody>
</table>
Most Vermonters with COVID-19 are not hospitalized.

<table>
<thead>
<tr>
<th>Status</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unknown</td>
<td>121</td>
</tr>
<tr>
<td>Hospitalized</td>
<td>119</td>
</tr>
<tr>
<td>Not hospitalized</td>
<td>678</td>
</tr>
</tbody>
</table>

17% Of those hospitalized who were on a ventilator

37% Of those hospitalized who were in the ICU

8 days Average hospital stay (range: 0-18 days)

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

Rate per 10,000 Vermonters

- 0.0
- 0.0
- 0.0
- 0.3
- 0.8
- 2.3
- 2.8
- 5.7
- 12.7
- 12.7

Average hospital stay (range: 0-18 days)
Vermonters 80 years and older have higher rates of COVID-19 death than other age groups.
Rate per 10,000 Vermonters

Males have higher rates of COVID-19 death than females.
Rate per 10,000 Vermonters

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

White Vermonters represent a majority of COVID-19 deaths. However the rate is higher among racial minorities.
Rate per 10,000 Vermonters

Note: No deaths have identified as Hispanic or Latino.
Outbreaks

How is COVID-19 impacting group settings?
What is an outbreak?

1. For congregate care facilities (long term care facility or skilled nursing facility):

   - A single resident with a positive COVID-19 laboratory test and one or more additional residents with respiratory illness
   OR
   - Two or more residents with at least two of the following symptoms: fever (temp ≥ 100 °F), cough, difficulty breathing/shortness of breath

2. For other settings (residential communities, businesses):

   - Two or more epidemiologically-linked confirmed COVID-19 cases where there’s an opportunity to stop transmission
26% of COVID-19 cases are associated with an outbreak

154 cases among residents

79 cases among staff

Outbreaks
5 Active
2 Resolved
Vermont COVID-19 Cases Associated with an Outbreak Over Time

Vermont COVID-19 Deaths Associated with an Outbreak Over Time

In facilities with an outbreak, 79% of residents have been tested.

In facilities with an outbreak, 85% of staff have been tested.
While only 26% of all COVID-19 cases are associated with outbreaks, more than half of COVID-19-related deaths occur in outbreak settings.

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 5/7/2020.
Syndromic Surveillance
What we can learn from emergency room and urgent care centers?
The percent of emergent care visits for COVID-19-like illness is decreasing.

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: Pre-existing Conditions

The Health Department has information about pre-existing conditions in 77% (706) of 918 total COVID-19 cases. This section focuses on those 706 cases.
Approximately 62% of people* with COVID-19 have a pre-existing condition.

*of the 706 people that the Health Department has pre-existing condition data.

<table>
<thead>
<tr>
<th>Condition</th>
<th>Count</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Disease</td>
<td>94</td>
<td>13%</td>
</tr>
<tr>
<td>Chronic Lung Disease (includes asthma and COPD)</td>
<td>73</td>
<td>14%</td>
</tr>
<tr>
<td>Chronic Liver Disease</td>
<td>7</td>
<td>1%</td>
</tr>
<tr>
<td>Chronic Kidney Disease</td>
<td>17</td>
<td>2%</td>
</tr>
<tr>
<td>Current/Former Smoker</td>
<td>185</td>
<td>26%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>73</td>
<td>10%</td>
</tr>
<tr>
<td>Immunocompromised Condition</td>
<td>38</td>
<td>5%</td>
</tr>
<tr>
<td>Neurologic Condition/Intellectual Disability</td>
<td>17</td>
<td>2%</td>
</tr>
<tr>
<td>Other Chronic Condition**</td>
<td>224</td>
<td>32%</td>
</tr>
<tr>
<td>Pregnant</td>
<td>6</td>
<td>1%</td>
</tr>
</tbody>
</table>

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

33% of people with a pre-existing condition have two or more conditions.
Prevalence of certain conditions in **COVID-19 patients** and Vermont **adults**.

<table>
<thead>
<tr>
<th>Condition</th>
<th>Percentage</th>
<th>Vermont Adult Prevalence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardiovascular Disease</td>
<td>13%</td>
<td>236, 54%</td>
</tr>
<tr>
<td>Diabetes Mellitus</td>
<td>10%</td>
<td>10%</td>
</tr>
<tr>
<td>Chronic Lung Disease</td>
<td>14%</td>
<td>14%</td>
</tr>
</tbody>
</table>


Prevalence of **pre-existing conditions** is approximately equal between **female** and **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.
Learn more about COVID-19 in Vermont:

Web: www.healthvermont.gov/COVID-19

Email: AHS.VDHPublicCommunication@vermont.gov