Weekly Summary of Vermont COVID-19 Data

Reflecting cases identified between March 5 – May 20, 2020

Date published: May 22, 2020. 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 the 7 prior to publication; for example, May 7 through May 14

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.
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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: 950

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=945)

Cumulative cases are presented using a log scale to help compare the large number of cases in Chittenden County (n=440, 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.

The number of people tested reflects the number of individual people who have been tested for COVID-19 in Vermont. Each person is only counted once. The number of tests reflects the number of specimens that have been tested for COVID-19 in Vermont. This number may include multiple specimens for one person, the same person tested multiple times, etc.
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

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

- Black or African American: 26.2
- White: 13.7
- Other Race: 9.5
- Asian: 8.4
- American Indian or Alaskan Native: 5.7

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

Rate per 10,000 Vermonters

- Hispanic: 20.1
- Non-Hispanic: 13.4

Note: Race is unknown in 3% of cases and ethnicity is unknown in 11% of cases.
Approximately 64% of people* with COVID-19 have a pre-existing condition.

*of the 752 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>116</td>
<td>15%</td>
</tr>
<tr>
<td>Chronic Lung Disease (includes asthma and COPD)</td>
<td>108</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>22</td>
<td>3%</td>
</tr>
<tr>
<td>Current/Former Smoker</td>
<td>206</td>
<td>27%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>80</td>
<td>11%</td>
</tr>
<tr>
<td>Immunocompromised Condition</td>
<td>41</td>
<td>6%</td>
</tr>
<tr>
<td>Neurologic Condition/Intellectual Disability</td>
<td>30</td>
<td>4%</td>
</tr>
<tr>
<td>Other Chronic Condition**</td>
<td>248</td>
<td>33%</td>
</tr>
<tr>
<td>Pregnant</td>
<td>6</td>
<td>1%</td>
</tr>
</tbody>
</table>

51% 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 79% (752) of 950 total COVID-19 cases.
Prevalence of certain conditions in COVID-19 patients and Vermont adults.


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.

Vermont Department of Health
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

**Clinical Course**

<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>71%</td>
</tr>
<tr>
<td>Headache</td>
<td>56%</td>
</tr>
<tr>
<td>Fever</td>
<td>54%</td>
</tr>
<tr>
<td>Muscle Pain</td>
<td>54%</td>
</tr>
</tbody>
</table>

**Note:** Date of symptom onset is not always known.
Most Vermonters with COVID-19 are not hospitalized.

17% Of those hospitalized were on a ventilator

37% Of those hospitalized were in the ICU

8 days Average hospital stay (range: 0-39 days)

Vermonters 80 years and older are more likely to be hospitalized for COVID-19.
Rate per 10,000 Vermonters
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 an inpatient hospital setting or a long-term care facility.

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

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
25% of COVID-19 cases are associated with an outbreak

158 cases among residents

82 cases among staff

Outbreaks
5 Active
3 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.

- Tested Positive, 21%
- Tested Negative, 59%
- Not Tested, 21%

In facilities with an outbreak, 86% of staff have been tested.

- Tested Positive, 9%
- Tested Negative, 78%
- Not Tested, 14%
While only 25% 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.

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.

Source: Vermont Department of Health
Reflects confirmed data as of 5/20/2020.
The percentage of females and males with COVID-19 that are associated with an outbreak is about even.

- **24%** of females with COVID-19 are associated with an outbreak.
- **26%** of males with COVID-19 are associated with an outbreak.

But in outbreak settings, females with COVID-19 are more likely to be associated with a health setting than a non-health setting.

- Health: 23%
- Non-Health: 1%
- Non-Outbreak: 76%

Source: Vermont Department of Health
Reflects case counts as of 5/20/20

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.
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.

Median age: 52 years old, 71 years old, 38 years old

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 5/14/20
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: Health Care Workers

The Health Department has information about whether a positive case is a health care worker or not in 81% (774) of 950 total cases. This section focuses on the 166 health care workers with COVID-19.
Health care worker cases peaked on April 4.
Number of new health care worker and all cases by day

7 in 10 health care workers with COVID-19 are female.

36% of health care workers with COVID-19 are associated with an outbreak.

1 in 5 Vermonters with COVID-19 are health care workers.

Health care workers with COVID-19 tend to be younger than non-health care workers with COVID-19.
White Vermonters represent the majority of health care workers with COVID-19.

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

There are no reported deaths among health care workers.

### Sign or Symptom among Health Care Workers with COVID-19

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Percent of Symptomatic Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cough</td>
<td>74%</td>
</tr>
<tr>
<td>Fatigue</td>
<td>66%</td>
</tr>
<tr>
<td>Headache</td>
<td>61%</td>
</tr>
<tr>
<td>Loss of Smell or Taste</td>
<td>56%</td>
</tr>
<tr>
<td>Muscle Pain</td>
<td>51%</td>
</tr>
<tr>
<td>Runny nose</td>
<td>46%</td>
</tr>
<tr>
<td>Fever</td>
<td>45%</td>
</tr>
<tr>
<td>Chills</td>
<td>44%</td>
</tr>
</tbody>
</table>

#### Weekly Spotlight

**13 days**

Average Illness Duration among Health Care Workers with COVID-19
Learn more about COVID-19 in Vermont:

Web:  www.healthvermont.gov/COVID-19
Email: AHS.VDHPublicCommunication@vermont.gov