Weekly Summary of Vermont COVID-19 Data

Reflecting cases identified between March 5 – September 23, 2020

Date published: September 25, 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 September 16 through September 23.

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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: 1,724

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=1,716)

Cumulative cases are presented using a log scale to help compare the large number of cases in Chittenden County (n=832, roughly 48% 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.

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

The highest percent of positive tests (11%) was on March 23, 28, and 30.

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

Percent Positive to Date

Percent Positive This Week (September 16 – September 23)

The highest percent of positive tests (11%) was on March 23, 28, and 30.

*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 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 people with laboratory confirmed COVID-19 divided by the total number of people tested. None of these numbers include serology or antigen testing.
The proportion of people tested for COVID-19 in Vermont varies across age groups.

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.
While the majority of people tested in Vermont for COVID-19 are white, the rates are similar across racial groups.

Rates per 100 Vermonters

- White: 90.9%
- Asian: 2.6%
- Other Race: 4.1%
- American Indian or Alaskan Native: 0.5%
- Black or African American: 2.0%

While the majority of people tested in Vermont for COVID-19 are non-Hispanic, the rates are nearly the same across ethnic groups.

Rates per 100 Vermonters

- Non-Hispanic: 98%
- Hispanic: 2%

Vermont Department of Health
Contact tracers speak with both confirmed cases and their close contacts each week.

<table>
<thead>
<tr>
<th>Date</th>
<th>Number of contact tracers trained</th>
<th>Cases interviewed last week</th>
<th>Contacts named last week</th>
<th>Average number of contacts per case*</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 13 – September 19</td>
<td>65</td>
<td>32</td>
<td>68</td>
<td>2</td>
</tr>
</tbody>
</table>

*Since March 7
In the last two weeks (from September 6 to September 19):

- **99%** Of cases were interviewed within 24 hours
- **90%** Of cases provided their close contacts
- **49%** Of contacts were tested within 14 days of exposure
- **7%** Of contacts became a case
Case Demographics
Who has been impacted by COVID-19 in Vermont?
Rates of COVID-19 are highest among Vermonters 80 years and older.
Rate per 10,000 Vermonters

<table>
<thead>
<tr>
<th>Age in Years</th>
<th>Rate per 10,000 Vermonters</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-9</td>
<td>10.3</td>
</tr>
<tr>
<td>10-19</td>
<td>20.6</td>
</tr>
<tr>
<td>20-29</td>
<td>36.8</td>
</tr>
<tr>
<td>30-39</td>
<td>33.2</td>
</tr>
<tr>
<td>40-49</td>
<td>28.5</td>
</tr>
<tr>
<td>50-59</td>
<td>30.5</td>
</tr>
<tr>
<td>60-69</td>
<td>25.0</td>
</tr>
<tr>
<td>70-79</td>
<td>26.2</td>
</tr>
<tr>
<td>≥80</td>
<td>39.5</td>
</tr>
</tbody>
</table>

Females and males have similar rates of COVID-19.
Rate per 10,000 Vermonters

Case Demographics

<table>
<thead>
<tr>
<th>Age in Years</th>
<th>Rate per 10,000 Vermonters</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-9</td>
<td>12.2</td>
</tr>
<tr>
<td>10-19</td>
<td>8.6</td>
</tr>
<tr>
<td>20-29</td>
<td>20.8</td>
</tr>
<tr>
<td>30-39</td>
<td>20.3</td>
</tr>
<tr>
<td>40-49</td>
<td>40.1</td>
</tr>
<tr>
<td>50-59</td>
<td>33.4</td>
</tr>
<tr>
<td>60-69</td>
<td>32.2</td>
</tr>
<tr>
<td>70-79</td>
<td>33.7</td>
</tr>
<tr>
<td>≥80</td>
<td>29.5</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Age in Years</th>
<th>Rate per 10,000 Vermonters</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-9</td>
<td>27.7</td>
</tr>
<tr>
<td>10-19</td>
<td>27.2</td>
</tr>
<tr>
<td>20-29</td>
<td>24.5</td>
</tr>
<tr>
<td>30-39</td>
<td>25.4</td>
</tr>
<tr>
<td>40-49</td>
<td>22.9</td>
</tr>
<tr>
<td>50-59</td>
<td>29.8</td>
</tr>
<tr>
<td>60-69</td>
<td>35.1</td>
</tr>
<tr>
<td>≥80</td>
<td>42.3</td>
</tr>
</tbody>
</table>
White Vermonters represent the majority of COVID-19 cases. **African American** Vermonters have the highest rate.

Rate per 10,000 Vermonters

- White 80.7%
- Other Race *
  - American Indian or Alaskan Native *
  - Asian 3.8%
- Black or African American 10.1%

Black or African American 228.3

Asian 55.7

White 236

Other Race 24.1

American Indian or Alaskan Native *

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

Rate per 10,000 Vermonters

- Non-Hispanic 89.2%
- Hispanic 3.4%

Hispanic 47.4

Non-Hispanic 25.0

* 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.

Note: Race is unknown in 3% of cases (n = 53) and ethnicity is unknown in 7% of cases (n = 128).

* Value suppressed due to small numbers.
Approximately 52% of people with COVID-19 have a pre-existing condition.

* of the 1,404 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>Heart Disease</td>
<td>148</td>
<td>11%</td>
</tr>
<tr>
<td>Chronic Lung Disease (includes asthma and COPD)</td>
<td>189</td>
<td>13%</td>
</tr>
<tr>
<td>Chronic Liver Disease</td>
<td>11</td>
<td>1%</td>
</tr>
<tr>
<td>Chronic Kidney Disease</td>
<td>35</td>
<td>2%</td>
</tr>
<tr>
<td>Current/Former Smoker</td>
<td>270</td>
<td>19%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>118</td>
<td>8%</td>
</tr>
<tr>
<td>Immunocompromised Condition</td>
<td>55</td>
<td>4%</td>
</tr>
<tr>
<td>Neurologic Condition/Intellectual Disability</td>
<td>38</td>
<td>3%</td>
</tr>
<tr>
<td>Other Chronic Condition**</td>
<td>333</td>
<td>24%</td>
</tr>
<tr>
<td>Pregnant</td>
<td>14</td>
<td>1%</td>
</tr>
</tbody>
</table>

44% 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 81% (1,404) of 1,724 total COVID-19 cases.
Prevalence of select conditions in **COVID-19 patients** and Vermont adults.


Prevalence of pre-existing conditions is approximately equal between **female** and **male** COVID-19 patients.

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

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

**Cardiovascular Disease**
- **11%** male
- **8%** female

**Diabetes Mellitus**
- **8%** male
- **9%** female

**Chronic Lung Disease**
- **13%** male
- **16%** female
7 in 10 health care workers with COVID-19 are female.

31% of health care workers with COVID-19 are associated with an outbreak.

Health care worker cases peaked on April 4.

1 in 6 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.

* Value suppressed due to small numbers.
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.

Most health care workers with COVID-19 have symptoms.

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>71%</td>
</tr>
<tr>
<td>Fatigue</td>
<td>63%</td>
</tr>
<tr>
<td>Headache</td>
<td>61%</td>
</tr>
<tr>
<td>Loss of Smell or Taste</td>
<td>52%</td>
</tr>
<tr>
<td>Muscle Pain</td>
<td>49%</td>
</tr>
<tr>
<td>Runny nose</td>
<td>46%</td>
</tr>
<tr>
<td>Chills</td>
<td>43%</td>
</tr>
<tr>
<td>Fever</td>
<td>41%</td>
</tr>
</tbody>
</table>

* Value suppressed due to small numbers.
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

Note: Date of symptom onset is not always known.

12 days
Average illness duration

73%
Cases with symptoms

<table>
<thead>
<tr>
<th>Sign or Symptom</th>
<th>Percent of Symptomatic Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cough</td>
<td>66%</td>
</tr>
<tr>
<td>Fatigue</td>
<td>65%</td>
</tr>
<tr>
<td>Headache</td>
<td>54%</td>
</tr>
<tr>
<td>Muscle Pain</td>
<td>49%</td>
</tr>
<tr>
<td>Fever</td>
<td>45%</td>
</tr>
<tr>
<td>Loss of Smell/Taste</td>
<td>46%</td>
</tr>
</tbody>
</table>
Most Vermonters with COVID-19 are not hospitalized.

- Unknown = 84
- Hospitalized = 138

Not hospitalized = 1,502

15% Of those hospitalized were on a ventilator

36% Of those hospitalized were in the ICU

9 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

Average hospital stay (range: 0-43 days)

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

Hospitalization rates by race are similar.

Rate per 10,000 Vermonters

*Values suppressed due to small numbers.

Please note 5 hospitalized persons are missing race information.
Vermonters 80 years and older have higher rates of COVID-19 death than other age groups.
Rate per 10,000 Vermonters

Males and females have similar rates of COVID-19 death.
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.
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:

<table>
<thead>
<tr>
<th>Community Settings</th>
<th>Educational Settings</th>
</tr>
</thead>
</table>
| 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. |
| 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. |

<table>
<thead>
<tr>
<th>Congregate Care or Living Settings*</th>
<th>Workplaces</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td></td>
</tr>
</tbody>
</table>
| 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. |

*Examples include long-term care and other residential care facilities, correctional facilities and homeless shelters.
27% of COVID-19 cases are associated with an outbreak

Outbreaks

3 Active
25 Resolved*

*Resolved outbreaks are those where it has been >28 days since the last known case of COVID-19.

Congregate Care & Living

- 159 cases among residents
- 82 cases among facility staff

Workplace

- 43 cases among employees

Schools and Child Care

- 7 cases among children and staff

Community

- 166 cases
The daily number of cases associated with an outbreak peaked on April 9.

Vermont COVID-19 Deaths Associated with an Outbreak Over Time

There have been no COVID-19-related deaths in Vermont for 57 days.

Source: Vermont Department of Health
While only 27% of all COVID-19 cases are associated with outbreaks, more than half 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.
The percentages of females and males with COVID-19 that are associated with an outbreak is about even.

25% of females with COVID-19 are associated with an outbreak.

28% of males with COVID-19 are associated with an outbreak.

But 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 take into account the full percentages.

Source: Vermont Department of Health
Reflects case counts as of 9/23/20

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.
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Source: Vermont Department of Health
Reflects case counts as of 9/23/20
Syndromic Surveillance

What we can learn from emergency room and urgent care centers?
The percent of emergent care visits for COVID-19-like illness remains steady.
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: Symptoms

73% of Vermonters with COVID-19 experience symptoms while 23% of Vermonters with COVID-19 do not experience symptoms.
Nearly 3 in 4 Vermonters with COVID-19 experience symptoms.

A larger proportion of females with COVID-19 experience symptoms than those who are asymptomatic, compared to males.

White Vermonters represent the majority of symptomatic COVID-19 cases.

A larger proportion of white non-Hispanic people with COVID-19 experience symptoms than those who are asymptomatic, compared to those who are Black, Indigenous or people of color.
Vermonters with COVID-19 who experience symptoms tend to be older than those who are asymptomatic.

The proportion of Vermonters with COVID-19 who are asymptomatic has increased over time.
## Symptoms among Symptomatic Hospitalized Patients with COVID-19

<table>
<thead>
<tr>
<th>Sign or Symptom</th>
<th>Percent of Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cough</td>
<td>77%</td>
</tr>
<tr>
<td>Fatigue</td>
<td>77%</td>
</tr>
<tr>
<td>Shortness of Breath</td>
<td>73%</td>
</tr>
<tr>
<td>Fever</td>
<td>65%</td>
</tr>
<tr>
<td>Loss of Appetite</td>
<td>53%</td>
</tr>
<tr>
<td>Felt Feverish</td>
<td>47%</td>
</tr>
<tr>
<td>Chills</td>
<td>45%</td>
</tr>
<tr>
<td>Muscle Pain</td>
<td>44%</td>
</tr>
<tr>
<td>Loss of Smell or Taste</td>
<td>41%</td>
</tr>
</tbody>
</table>

Among all cases of COVID-19 who are symptomatic, the average duration of illness tends to be shorter among those who are younger.

**133**  
Number of cases who were symptomatic and hospitalized

**10 days**  
Average hospital stay among symptomatic cases

![Average Illness Duration (days)](chart.png)
Learn more about COVID-19 in Vermont:

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