

Town of Middlebury  
Emergency Management Bulletin  
September 11, 2020

**Emergency Order Extended**

Not surprisingly, Governor Scott has extended the Emergency Order through October 15. This will bring it to an unprecedented 7 months! Expect it to go on beyond October.

**A Shout Out to College Students**

There are no students at Midd College who are COVID positive. All reports, anecdotal and factual, indicate our students are honoring their pledge and following the rules. Statewide, 40,000 students have begun classes in Vermont and all have gone through the 7 day testing. There were a total of 9 positives, all have been cared for. As of today, there are no known college students in Vermont infected with COVID. A big thank you goes out to Midd College and their students for helping keep Middlebury safe.

**Masks, Again**

Some people have reported "mask rash" when wearing masks daily all day. Keep something in mind. It is important that you keep your mask clean. It's easy to turn the mask into a bacterial petri dish as it captures your warm moist breath and feeds whatever contamination is picked up during the day. Wear it once and wash it. Or change them every few hours if you have a lot of them. They are readily available from a number of sources and the internet has no shortage of plans to make your own.

Oh, and did we mention this before? We have masks at the PD from the Health Department. They are free (as in no cost). All you have to do is stop by the PD anytime Monday-Saturday 7 am- 11 pm and pick them up for your family.

**A Message From Moira Cook at the Middlebury District Health Office**

Kinney Drugs in Middlebury and Hinesburg, as well as nine other locations around the state, are now offering COVID-19 testing. These clinics are by appointment only. The Middlebury Kinney Drugs clinics are on Wednesday starting September 16. The Hinesburg clinics are on Friday starting September 18.

The Vermont Department of Health Middlebury office will continue to host COVID-19 testing clinics on Tuesdays at 156 South Village Green. The National Guard is hosting COVID-19 testing clinics on Thursdays through October 1 at the American Legion, 49 Wilson Road in Middlebury. Walk-ins are accepted at both the Health Department and National Guard clinics but it is much faster at the clinic site and ensures timely results if you pre-register for these clinics.

Please note while we have more testing capacity, not everyone needs to get tested. The best way to protect yourself from COVID-19 is to follow a few key prevention tips. The Health Department recommends testing for:

- People with COVID-19 symptoms
- People who have had close contact with someone who tested positive for COVID-19

- People who are referred by their healthcare provider for another reason.

**We do not recommend people get tested before visiting another household or attending a gathering just to make sure they're okay.** Testing only tells you if you had COVID-19 on the day you were tested. You could have already been exposed but may have been tested too early for it to show up on the test, or you could be exposed to COVID-19 after you are tested. Testing is not prevention, and a negative test does not necessarily mean it is safe to gather with others.

**We do not recommend people get tested frequently.** We do not recommend routine, repeated testing just for peace of mind. While testing supplies are currently adequate, we need to use what we have wisely.

For more information about COVID-19 testing: <https://www.healthvermont.gov/response/coronavirus-covid-19/testing-covid-19>

### **The Flu**

Oh, oh, here we go, more on our medical plate. We've offered tips over the months on hardening yourself against the effects of COVID if you contract it—take Vitamin D3 5,000 International units a day; exercise your lungs with an incentive spirometer; get out and walk, run, bike, any cardio exercise you can, and other things. Here's a new one- get your flu vaccine. If you weaken yourself with flu COVID can be even more harmful, plus they can have similar symptoms. Flu vaccines are ubiquitous. Kinney Drugs and Hannaford's offer flu shots and many other pharmacies may as well for the public at-large. You can always call your health care provider. With kids in school and much activity back to nearly normal, it's best to harden yourself. Nothing can slow down the recovery like a lot of people absent due to illness.