

Town of Middlebury
Emergency Management Bulletin
November 3, 2020

Holiday Visiting

With Thanksgiving upon us with the usual gatherings of friends and family, here is a little theme music while digesting the rest of this bulletin: <https://www.youtube.com/watch?v=VLHSVNVbto>

Just be aware that COVID doesn't need an invitation to join you, and unlike that tummy ache from Aunt Sissy's fruit cake, it can make a lot of people ill for days. And if you went to a red or yellow area for the festivities, please quarantine on return, don't make assumptions or take things for granted. COVID is growing out there and no need to ruin the holidays.

What to Do if Someone in Your Home is Quarantining

With the holidays approaching, for college students returning to Vermont homes, and a growing list of people who are "close contacts" of people with COVID-19, it's important to know what to do if someone in your home is under quarantine.

If you have out-of-state visitors in your home who come from a red or yellow county, they need to quarantine for 14 days (or the duration of their stay). This means they should:

- Wear a mask in common spaces
- Use a separate bathroom
- Eat separately
- Stay 6 feet apart and otherwise not be in close contact with other household members

Household members who are NOT under quarantine do not then also need to quarantine – meaning they can go to school, work, or the grocery store. However, be sure to disinfect commonly touched surfaces, and check yourself for symptoms for 14 days.

The same guidance applies to people living with Vermonters who leave the state to go visit a red or yellow county, and people living with close contacts.

If you are in quarantine, you have the option to get a PCR test after seven days. If you test negative and have no symptoms, you can end your quarantine. If you develop symptoms during quarantine, please consider getting tested.

Addison County Home Health and Hospice Flu Clinic

No flu shot yet? Addison County Home Health and Hospice is hosting a drive-through flu clinic for members of the public 18+ on Friday, November 20 at their office located at 254 Ethan Allen Highway (Route7) from 7:30 am to 3:30 pm. The standard dose of the influenza vaccine, not the high dose version for individuals 65+, will be administered. *The clinic will be by appointment only and reservations must be made by calling the ACHHH office at 388-7259 by 5 pm on November 11*. There is no cost for this clinic however donations to cover administration costs are gratefully accepted.

ACHHH has completed more than 30 flu clinics this year for civic organizations, members of the college community, schools, residential care facilities and businesses. So far almost 1,000 community members have been immunized with more scheduled. "This year, more than ever, it is important that as many members of our community as possible receive the flu vaccine", stated Deborah Wesley, RN and CEO of the agency. She shared her goal of making this process as convenient as possible and commented about how much she and her nurses have enjoyed the process of going out into the community to provide this service.

COVID Status

Well, here we go again. Four months ago, the population in the region that could come to Vermont without quarantine was about 19 million. With case growth in the northeast, that number is reduced to 331,252. The rest of New England, other than northern Maine, is in quarantine required area. The same with New York, Jersey, PA, etc. This will make Thanksgiving travel interesting. You can find all the data at this site:

https://dfr.vermont.gov/sites/finreg/files/doc_library/dfr-covid19-modeling-110320.pdf

Ski Guidelines

New guidelines for ski resorts in Vermont were issued today. It is a rather lengthy document that you can find here:

<https://accd.vermont.gov/sites/accdnew/files/documents/Vermont%20Ski%20Resort%20COVID-19%20Winter%20Operations%20Guidance%20-%202020-11-03.pdf>

It deals with capacity at base lodges (50% of fire marshal capacity, not to exceed 75 regardless of that number); limits on ski lifts- unless you're in a family cohort, it's 1 person per car unless it's a large tram, such as on Jay Peak where social distancing can be accommodated. So expect long lift lines and delays. It discourages out-of-state employees; it encourages lenient cancellation policies in the event there is an illness in a reservation. If you ski, it's recommended you familiarize yourself with these new rules. Remember these are rules, not suggestions.

Surely, these rules are more restrictive than rules in New Hampshire and Maine, but then again, that's why Vermont COVID numbers are more stable than those other states.

This COVID stuff is getting a bit long in the tooth, but like the "Little Engine that Could " (from the children's story), fight the urge to give in and stay the course to get us all through winter safe and healthy.