

Town of Middlebury
Emergency Management Bulletin
December 8, 2020

In The Event You've Been Identified As A Close Contact With COVID

So you've been identified as a close contact with a person infected with COVID. How will you be contacted? Take note of this so you don't think its spam or phishing. And with several thousand active COVID cases right now in the state, it's not beyond the realm of possibility that you could get such a notice.

The Health Department this week will launch a new text notification system for certain people who have been identified as close contacts by someone who has COVID-19. The phone numbers VDH will use to text people will be provided by the person who has COVID-19.

Determination of who get these texts will be made by the contact tracing team based on the situation, Not everyone will get a text, but if you do, please know it is a legitimate and important message from the Vermont Department of Health.

People who receive the Health Department text will see two short messages from the number **89361**. *(NOTE: this number has been updated from what was initially announced at the Tuesday press conference)*

The text will tell them:

- they may be a close contact
- to expect a call from a contact tracer
- to quarantine right away, and
- to visit our website for more information

<https://www.healthvermont.gov/covid-19/symptoms-sickness/you-are-close-contact-someone-covid-19>

Same Old Same Old

No new re-start information. The Governor re-enforces the need for quarantine and avoiding multi-household gatherings and social distancing. Our surrounding states are a mess. Rhode Island is #1 in the country for rate of daily COVID growth, MA, ME, NH are seeing record daily infection numbers. Vermont daily numbers seem to bounce between the 60's and the low hundreds every day. I'm not sure if this means we're doing good compared with other states or not as bad, depending on your perception.

Tough Times

Winter is upon. It's dark and gloomy and cold. Holidays are here. And we're mired on COVID estranged from families and friends. Coping can be difficult, and we are seeing a big uptick in cases of emotional trauma, mental health emergencies, and self-harm. Our police officers cross-train with CSAC to help with emergency response and employ de-escalation to reduce harm. MREMS likewise supports a broader response. Help is out there for you to seek before things get out of hand.

- Call the Counseling Service of Addison County (CSAC)
All Services: [802-388-6751](tel:802-388-6751) INE: [802-388-7641](tel:802-388-7641)
- Text VT to 741741 to talk with someone at the Crisis Text Line.
- Call the National Suicide Prevention Lifeline at 1-800-273-8255.
- For more information visit <https://www.healthvermont.gov/emergency/injury/suicide-prevention>
- Visit VDH Coping With Stress web page. <https://www.healthvermont.gov/covid-19/protect-yourself-others/coping-stress>
- Get connected to Alcohol and Drug Support Services at <https://vthelplink.org/>
- Get self-help tips and connect to mental health services at <https://covidsupportvt.org/>
And you can always call 2-1-1 for information or get directed to help.