

Town of Middlebury  
Emergency Management Bulletin  
April 20, 2020

**Opening the Spigot – ¼ Turn ... But Openings are Conditional**

Phased opening of businesses not defined as *essential* started today, April 20th. Subject to the mandatory health and safety requirements stated below the following operations will be allowed to restart:

- Outdoor Businesses & Construction Operations
- Retail Operations; all orders must occur over the phone; no in-store transactions re allowed at this time.
- Low- or no-contact professional services such as appraisers, realtors, municipal clerks, attorneys, property managers, pet care operators, and others.

**You Can Open As Long As ...**

The mandatory health & safety requirements for all business operations includes the following:

- Employees must observe strict social distancing of 6 feet while on the job (2 people max per work vehicle)
- Employees must wear non-medical cloth face coverings over their nose and mouth when in the presence of others.
- Hand hygiene should be required before entering and leaving job sites, as well as frequent cleaning of all common spaces.
- Customers and the public in general are strongly encouraged to wear cloth face coverings any time

The Agency of Commerce and Community Development maintains an updated webpage with links and resources and FAQs for businesses: <https://accd.vermont.gov/covid-19/business#business-sector>

**Who Pays When You Are Treated for COVID-19?**

Governor Scott and the Department of Financial Regulation announced a requirement for health insurers to waive patient costs associated with diagnosing and treating COVID-19. We will try to find out more about this. No information has yet been posted to the Department of Financial Regulation (which oversees the insurance industry) or the Green Mountain care Board.

**Food and Commodity Supply Update**

Agency of Commerce and Community Development continues to work in close contact with the Vermont Retail Grocers' Association to monitor supply chain issues. As of 4/14, the supply chain is in good shape outside of bath tissue, sanitizer, cleaning products, and prepared/boxed food which remain strained. But fruits and vegetables are plentiful.

## **Numbers**

Covid-19 infections reached a cumulative 816 through yesterday. When compared with our surrounding states, MA, NH, NY, it just goes to show you what a population committed to social distancing can accomplish when staying the course. Yes, Vermont is more rural, social distancing by nature. But that's the point.

## **A Helpful Tip**

CV-19 affects the lungs. The healthier the lungs, the better you are able to survive the effects of CV-19, generally. A nurse recently recommended using a spirometer to help keep lungs healthy. If you've been a surgical in-patient, you know what a spirometer is. The plastic device with the tubular mouthpiece and the little ball inside that measures the volume of air you inhale, kind of like the pulmonary version of the strongman 'sledge hammer – and – bell' device at the fair. It is used in the hospital to help keep you from developing pneumonia while lying in bed. So if you have the one you brought home from the hospital, you can use it to exercise your lungs, in addition to exercise. And if you smoke, quit. That will help enormously. The spirometer won't keep you from getting infected with CV-19, that's what social distancing, hand washing, and disinfecting surfaces are for. Just another tool to stay strong . Here's a link to a tutorial from Sloan-Kettering: <https://www.youtube.com/watch?v=FTBuv-8nfjo>