

Town of Middlebury
Emergency Management Bulletin
May 15, 2020

Advisory- sit down, strap yourself in, get comfortable, this is a long bulletin today as there are a lot of updates.

State of Emergency Extended to June 15

The extension includes new amendments to the Agency of Commerce and Community Development re-opening protocol:

All businesses that have been closed for 7 or more days during the state of emergency must complete and keep on file a reopening and training plan (businesses with fewer than 10 employees at any physical location are not required to create such a plan, however, they must follow all other guidelines and employees must take the VOSHA training). VOSHA and the Agency of Commerce have provided a template at <https://accd.vermont.gov/covid-19/business/restart>. The plan must, at a minimum:

- Adopt a phased approach to reopening which provides sufficient opportunity to operate first in a low density and low contact environment before making the incremental changes needed to accommodate more moderate density activity while continuing to maintain health and safety.
- Update physical and administrative safety systems to accommodate COVID-19 VDH/CDC/VOSHA guidelines, health monitoring, including temperature checks, cleaning and sanitizing methods and physical distancing measures.
- Take appropriate measures to protect employees at greater risk of contact by virtue of their occupational role or setting.
- Businesses with fewer than 10 employees at any physical location are not required to create such a plan, however, they must follow all other health and safety guidelines above including taking VOSHA training.

CROSS STATE TRAVEL

- Commuter (day trip) traffic to and from Vermont by those who travel daily between Vermont and adjacent states is authorized for essential travel (e.g. essential work, healthcare, groceries) and currently authorized daily work, family visitation, or recreation. **Travel to and from Vermont from outside the daily commuting area AND by those who do not travel to and from adjacent states daily is currently restricted and subject to mandatory quarantine upon arrival in Vermont.**
- Those participating in essential work or currently authorized work that requires an overnight stay may utilize the state's lodging, camping and short-term rental properties if the individual self-certifies upon arrival that they are authorized to work in Vermont, have not been in contact with someone with COVID-19 in the past 24 hours, and have not experienced COVID-19-like symptoms in the past 24 hours including a fever above 100.4 F, chills, muscle pain, sore throat, headache or new loss of taste or smell.

- Leisure travel to Vermont – either for the day or overnight – remains prohibited unless the traveler self-quarantines for 14 days upon arrival.
- For more information about how to quarantine, visit the Vermont Department of Health's quarantine chart.

Lodging, Campgrounds and other Accommodations

- Lodging operations, short-term rentals, campgrounds and marinas **may accept overnight reservations from Vermont residents, those who have met the 14 day quarantine requirement, and those participating in essential work or currently authorized work under the Agency of Commerce's guidance or the original Stay Home, Stay Safe Executive order.** Operators may require a copy of a Vermont drivers license or a signed document from the guest(s) attesting they meet the quarantine requirement.
- Multi-room lodging operations and campgrounds may book a maximum of **25% (twenty-five percent)** of rooms or sites for non-residential lodging (e.g. those who are not semi-permanent/seasonal residents – including housed AHS clients, essential workers, etc. - which are excluded from the calculation). Ensure separation to the greatest extent possible. Standalone cabins, cottages, and short-term rentals are excluded from this requirement.
- All lodging and camping operations with more than 10 (ten) employees must complete and keep on file a reopening and training plan. VOSHA and the Agency of Commerce have provided a template at <https://accd.vermont.gov/covid-19/business/restart>
- Check-in/out should be done via phone or electronic means to the greatest extent possible.
- All guests must complete a health questionnaire, which could be completed via phone or electronic means such as email, upon check-in. Any guests that exhibit signs of illness or COVID-19 symptoms upon arrival may not be allowed to check in. If symptoms begin during their stay must asked to leave and return home if possible. If departure is not possible, guests must self-isolate for the remainder of their stay and the Vermont Department of Health must be contacted immediately.
- A room or accommodation must be thoroughly cleaned in accordance with CDC guidelines before another guest may use the accommodation.
- Operators must ensure there are no gatherings of more than 10 people on the property.
- Only one party should use an elevator at any given time.
- Amenities (game rooms, fitness rooms, etc.) may only be open if they are cleaned and sanitized between guest usage and are managed to restrict access to 10 or fewer individuals, including employees and social distancing can be maintained.
- Food service may only be offered as take out or delivery or in compliance with current restaurant guidance.
- Direct contact services (such as check-in, bell, valet, housekeeping, etc.) must be limited to the greatest extent possible. Cashless / touchless transactions are strongly preferred.

- Operators must maintain an easily accessible log of customers and their contact information for 30 days in the event contact tracing is required by the Health Department.

If your business or circumstance does not meet these criteria, additional guidance will be forthcoming.

For additional information and the full protocol visit <https://accd.vermont.gov/covid-19/business/restart>

Metrics Look Good

In the past week, 5,010 people either tested for CV-19 or completed monitoring with 14 people testing positive. Testing is getting aggressive and widespread, you no longer need symptoms as a pre-requisite to register for any of the pop-up testing sites. One is in Middlebury on May 20. The metrics indicate that Vermont has the lowest 7 and 3 day trends in the nation, with the numbers potentially doubling in 280-days. The slowest doubling rate in the nation. The whole mask wearing, distancing, and hygiene are working, and if something works, why change?

Round Robin

The presence of migrating robins is one sure sign of spring. So are the opening of daffodils and tulips. Along that same line we have another important robin opening- Round Robin opens for business on May 18! In addition to being a harbinger of spring, this is a further indication that things are moving forward. During the closure, Round Robin stayed busy receiving hundreds of donations for Porter Hospital. Customers are encouraged to wear masks – don't have one? They can provide you with one. Round Robin, "Upscale Resale" is at 211 Maple Street in the Marble Works, facing the falls.

Pets Can Get Corona Virus As Well

Here's a link to a bulletin from CDC on guidance for you if your pets get sick.
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/positive-pet.html>

Can't Find Pet Food?

The humane society has a list of agencies in Vermont who have stores of pet food. Just like VTNG supplying MREs for the 2-legged, these agencies can get you sustenance for your pet. Here's a link:
<https://volunteers.humanesociety.org/theHub/?downloadFile=1&table=resources&field=file&check=207b999e7a65a0e4af65e31a4ac32d3f&key=951>

What About Vitamin D3?

A few weeks ago we included a bit on the benefits of the Incentive Spirometer if you can't get out and exercise. We've had inquiries of late on the benefits of Vitamin D3. The Irish Medical Journal just published a paper on Vitamin D deficiency being associated with increased risk of acute viral respiratory infection and community acquired pneumonia (which is what CV-19 is). This seems common in northern environments where diminished sunlight reduces the body's normal production of Vitamin D. Vitamin D3 supplements have also been shown to reduce the risk of respiratory infection. Dublin, IRE and Edmonton, AB, Canada are at the same latitude, so you can see the issue of diminished sunlight from fall

to spring. Is it coincidence then that these lung ailments occur more in winter than in summer? Just a thought. The link to this interesting article:

<http://imj.ie/optimisation-of-vitamin-d-status-for-enhanced-immuno-protection-against-covid-19/>

This is posted here in the interest of helpful information. But as you wouldn't take legal advice from your doctor, don't take medical advice from the writer of emergency management bulletins. Always consult with your physician before taking any kind of supplement.

From the "What Goes Around Comes Around" Department.

Some fashions never go out of style. Cindy Hill has submitted this image from 1919- a New York City Cop, resplendent in mask. Protecting himself from the Spanish Flu, selling Liberty Bonds, and

controlling traffic all at the same time. Talk about multi-tasking!

