

Town of Middlebury
Emergency Management Bulletin
May 27, 2020

More Testing in Middlebury

The Vermont Department of Health has announced another testing date for Middlebury – Friday, June 5 from 9 to 3 at the American Legion behind G. Stone Motors. You can register on-line at <https://humanresources.vermont.gov/popups>. When you get to the site, scroll down to the date, then keep scrolling down until you find one that has a sign up button for Middlebury. Select the time you want to attend. Unless there's a big delay, you're usually in and out in 5 minutes.

Dr Peluso at the College reports some SNAFUs with the on-line registration. Don't let the failure to get a confirmation email stop you from going. If you selected a time to go for testing, show up for the test at that time, regardless of whether or not you received a confirmation.

Remember, if you are ill or have symptoms, call your health care provider for advice, do not go to the pop-up testing. If you are in a medical crisis, go to the ER. If you have no symptoms, register for the pop-up testing.

The Effects of a Prolonged Emergency

Day to day life is not what it was 3 months ago. Everything looks the same outside, the weather has broken, you can hear the birds chirp and loud motorcycles. But routines have changed significantly. Things you order take longer to arrive, you've got to mask up when going to a store, familiar people might not look so familiar covered with a mask, it's like you're surrounded by strangers in a familiar landscape. People don't recognize you and you don't recognize them. There's a bit of disorientation and almost a strange surrealness to things. It can seem almost fatalistic, something out of a sci-fi flick.

At times like this, take care of your emotional and mental health. Feeling anxious, confused, overwhelmed or powerless is common during an infectious disease outbreak. If you or someone you know is in crisis or needs emotional support, help is available 24/7:

- Call your [local mental health crisis line](#) (CSAC 388-6751 or 388-7641)
- Call the [National Suicide Prevention Lifeline](#) at 1-800-273-8255
- Text VT to 741741 to talk with someone at the [Crisis Text Line](#).
- For more information visit healthvermont.gov/suicide.

Things ARE Getting Better

It's a matter of perspective, when we look at the still very large numbers of new infections being reported in the surrounding states and PQ. Between April 18 and May 27, there has been just one confirmed case of CV-19 in Addison County, and none in Middlebury since earlier in May and less than 5 cases in Middlebury in the aggregate since March. Things like masks and spacing and washing are going to be with us for the long haul, however, until CV cases from the region look like the scoreboard in a no-hit perfect game. What the heck, "no shirt, no shoes, no service", just add "no mask".

About the Mask- Its Hot!

Not a good time for flannel masks or masks made of heavy cotton. Don't trade one problem for another – if you are having trouble breathing – off with the mask. You really only need to wear a mask when going into a place where there are others in close contact, like a store or co-workers in a truck... and many have air conditioning. You don't need one to walk across an open uncrowded parking lot. In this weather, especially, you shouldn't obstruct your breathing when walking, biking, jogging, or any type of strenuous exercise. In these cases its more important to maintain the 6' separation from others than it is to suffocate yourself.

A Note From Porter Hospital on Testing

In response to the current low number of COVID-19 patients, Porter is making some changes to their testing center.

Effective immediately, Porter will no longer be offering symptomatic COVID testing on Saturdays. They will still be doing asymptomatic testing at the Porter Lab on Saturdays for those patients that will need this test for a Monday procedure, but there will be no additional testing offered over the weekend. If a patient is symptomatic and needs further evaluation on the weekend they should be directed to the emergency room.

Please stay tuned for additional information about Porter's Acute Respiratory Clinic that will be moving to its permanent home on the Porter Campus in the next 1 to 2 weeks. This clinic will welcome patients from the Porter offices as well as referrals from community practices.

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