Weekly Summary of Vermont COVID-19 Data

Reflecting cases identified between March 5 – May 14, 2020

Date published: May 15, 2020. This summary will be updated every Friday.
Common Terms and Data Sources

This document contains information about people who have tested positive for COVID-19 in Vermont. You will find data presented in a few different ways throughout this document:

- **Count**: the number of people who have tested positive for COVID-19 (overall or in a particular group)
- **Rate**: the number of people who have tested positive for COVID-19 in a particular group, divided by the total number of people in that group. Using rates allows for more direct comparisons between groups.
- **Growth rate**: a measure of the percent change in COVID-19 cases over time; this tells us how quickly or slowly the disease is spreading in Vermont
- **Week**: for the purposes of this document, “this week” is defined as the 7 prior to publication; for example, May 7 through May 14

For geographic information, please see the COVID-19 Data Dashboard or Town Map. For more information on data sources, please see our Data Notes document.
COVID-19 in Vermont

An overview of our number of cases and laboratory testing to date.
Total Number of Cases in Vermont: 932

The daily number of COVID-19 cases in Vermont peaked on April 3.
Most counties have reached a plateau in the number of new cases.

Growth over time by county (n=932)
Percent of positive COVID-19 tests may indicate how prevalent the disease is in the population.

*Not a stable estimate due to small numbers. There were 9 total tests and 1 was positive.
Case Demographics

Who has been impacted by COVID-19 in Vermont?
Rates of COVID-19 are disproportionately high among Vermonters 80 years and older.

Rate per 10,000 Vermonters

Females and males have similar rates of COVID-19.

Rate per 10,000 Vermonters

There are differences in age and sex of Vermonters with COVID-19.

Rates of COVID-19 by Age Group for Females and Males per 10,000 Vermonters
White Vermonters represent the majority of COVID-19 cases. African American Vermonters have the highest rate.

Rate per 10,000 Vermonters

Non-Hispanic Vermonters represent the majority of COVID-19 cases. Hispanic Vermonters have the higher rate.

Rate per 10,000 Vermonters

Note: Race is unknown in 7% of cases and ethnicity is unknown in 12% of cases.
Clinical Course

What symptoms have Vermonters experienced? How many have been hospitalized? How many have died?
The day symptoms start is important to know when people with COVID-19 become infectious.

Illnesses occurring in this window may not be reported yet; median reporting lag = 6 days

Note: Date of symptom onset is not always known.

<table>
<thead>
<tr>
<th>Sign or Symptom</th>
<th>Percent of Symptomatic Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cough</td>
<td>75%</td>
</tr>
<tr>
<td>Fatigue</td>
<td>70%</td>
</tr>
<tr>
<td>Fever</td>
<td>55%</td>
</tr>
<tr>
<td>Headache</td>
<td>55%</td>
</tr>
<tr>
<td>Muscle Pain</td>
<td>53%</td>
</tr>
</tbody>
</table>

15 days
Average illness duration

Vermont Department of Health
Most Vermonters with COVID-19 are not hospitalized.

- Unknown = 113
- Hospitalized = 120
- Not hospitalized = 699

17% Of those hospitalized who were on a ventilator

37% Of those hospitalized who were in the ICU

8 days
Average hospital stay (range: 0-23 days)

Vermonters 80 years and older are more likely to be hospitalized for COVID-19.

Rate per 10,000 Vermonters

- 0.0
- 0.0
- 0.0
- 0.3
- 1.0
- 2.3
- 2.8
- 5.7
- 12.7
- ≥80

Average hospital stay (range: 0-23 days)
Vermonters 80 years and older have higher rates of COVID-19 death than other age groups.
Rate per 10,000 Vermonters

Males have higher rates of COVID-19 death than females.
Rate per 10,000 Vermonters

Most COVID-19 deaths occurred in an inpatient hospital setting or a long-term care facility.

White Vermonters represent a majority of COVID-19 deaths. However the rate is higher among racial minorities.
Rate per 10,000 Vermonters

Note: No deaths have identified as Hispanic or Latino.
Outbreaks

How is COVID-19 impacting group settings?
What is an outbreak?

1. For congregate care facilities (long term care facility or skilled nursing facility):

   - A single resident with a positive COVID-19 laboratory test and one or more additional residents with respiratory illness
   OR
   - Two or more residents with at least two of the following symptoms: fever (temp ≥ 100 °F), cough, difficulty breathing/shortness of breath

2. For other settings (residential communities, businesses):

   - Two or more epidemiologically-linked confirmed COVID-19 cases where there’s an opportunity to stop transmission
**Outbreaks**

- **5 Active**
- **3 Resolved**

**Cases**

- **157 cases among residents**
- **82 cases among staff**

**25% of COVID-19 cases are associated with an outbreak**
In facilities with an outbreak, 80% of residents have been tested.

In facilities with an outbreak, 86% of staff have been tested.
While only 25% of all COVID-19 cases are associated with outbreaks, more than half of COVID-19-related deaths occur in outbreak settings.

Values in these charts are rounded to the nearest whole number and therefore may not always add to 100% due to error introduced in rounding.

Note: Examples of a health setting include long term care or assisted living facilities, therapeutic treatment centers, and behavioral health institutions. Examples of a non-health setting include correctional facilities, senior housing communities, businesses, and homeless shelters.

Vermont has not experienced an outbreak in all health and non-health settings.

Source: Vermont Department of Health
Reflects confirmed data as of 5/14/2020.
The percentage of **females** and **males** with COVID-19 that are associated with an outbreak is about even.

- **24%** of females with COVID-19 are associated with an outbreak.
- **27%** of males with COVID-19 are associated with an outbreak.

But in **outbreak settings**, **females** with COVID-19 are more likely to be associated with a health setting than a non-health setting.

- **23%** of females are in health settings.
- **1%** of females are in non-health settings.
- **76%** of females are in non-outbreak settings.

- **13%** of males are in health settings.
- **14%** of males are in non-health settings.
- **73%** of males are in non-outbreak settings.

Note: Examples of a health setting include long-term care or assisted living facilities, therapeutic treatment centers, and behavioral health institutions. Examples of a non-health setting include correctional facilities, senior housing communities, businesses, and homeless shelters. Vermont has not experienced an outbreak in all health and non-health settings.

Source: Vermont Department of Health
Reflects case counts as of 5/14/20
Percent of Cases by Outbreak Status and Age

- Not associated with an outbreak
- Associated with an outbreak in a health setting
- Associated with an outbreak in a non-health setting

### Median age
- 52 years old
- 71 years old
- 38 years old

Note: Examples of a health setting include long-term care or assisted living facilities, therapeutic treatment centers, and behavioral health institutions. Examples of a non-health setting include correctional facilities, senior housing communities, businesses, and homeless shelters. Vermont has not experienced an outbreak in all health and non-health settings.

Source: Vermont Department of Health
Reflects case counts as of 5/14/20
Syndromic Surveillance

What we can learn from emergency room and urgent care centers?
The percent of emergent care visits for COVID-19-like illness is decreasing.
Syndromic surveillance from 13 of 14 Vermont hospitals and 2 urgent care centers. Monitoring this data acts as an early indicator of potential spikes of COVID-19 in the community.

Interpret with caution, there is a chance for over or underestimation given the lag in reporting.

COVID-19-like illness diagnosis is determined using the patient’s chief complaint and/or discharge diagnosis.
COVID-19-like illness is the presence of a fever with the addition of shortness of breath, difficulty breathing, or cough.
COVID-19-like illness excludes patients with an influenza discharge diagnosis.
Weekly Spotlight: Pre-existing Conditions

The Health Department has information about pre-existing conditions in 77% (720) of 932 total COVID-19 cases. This section focuses on those 720 cases.
Approximately 62% of people* with COVID-19 have a pre-existing condition.

*of the 720 people that the Health Department has pre-existing condition data.

<table>
<thead>
<tr>
<th>Condition</th>
<th>Count</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heart Disease</td>
<td>97</td>
<td>14%</td>
</tr>
<tr>
<td>Chronic Lung Disease (includes asthma and COPD)</td>
<td>102</td>
<td>14%</td>
</tr>
<tr>
<td>Chronic Liver Disease</td>
<td>6</td>
<td>1%</td>
</tr>
<tr>
<td>Chronic Kidney Disease</td>
<td>17</td>
<td>2%</td>
</tr>
<tr>
<td>Current/Former Smoker</td>
<td>194</td>
<td>27%</td>
</tr>
<tr>
<td>Diabetes</td>
<td>73</td>
<td>10%</td>
</tr>
<tr>
<td>Immunocompromised Condition</td>
<td>39</td>
<td>6%</td>
</tr>
<tr>
<td>Neurologic Condition/Intellectual Disability</td>
<td>19</td>
<td>3%</td>
</tr>
<tr>
<td>Other Chronic Condition**</td>
<td>230</td>
<td>33%</td>
</tr>
<tr>
<td>Pregnant</td>
<td>6</td>
<td>1%</td>
</tr>
</tbody>
</table>

33% of people with a pre-existing condition have two or more conditions.

**Not mutually exclusive, includes things like arthritis, thyroid conditions, multiple free text entries.
Prevalence of certain conditions in COVID-19 patients and Vermont adults.

<table>
<thead>
<tr>
<th>Condition</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardiovascular Disease</td>
<td>14%</td>
</tr>
<tr>
<td>Diabetes Mellitus</td>
<td>10%</td>
</tr>
<tr>
<td>Chronic Lung Disease</td>
<td>14%</td>
</tr>
</tbody>
</table>


Prevalence of pre-existing conditions is approximately equal between female and male COVID-19 patients.

<table>
<thead>
<tr>
<th>Condition</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardiovascular Disease</td>
<td>243, 54%</td>
</tr>
<tr>
<td>Diabetes Mellitus</td>
<td>207, 46%</td>
</tr>
</tbody>
</table>

COVID-19 patients with pre-existing conditions tend to be older than those without pre-existing conditions.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>With Pre-existing Conditions</th>
<th>Without Pre-existing Conditions</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-9</td>
<td>19%</td>
<td>5%</td>
</tr>
<tr>
<td>10-19</td>
<td>52</td>
<td>38</td>
</tr>
<tr>
<td>20-29</td>
<td>39</td>
<td>64</td>
</tr>
<tr>
<td>30-39</td>
<td>56</td>
<td>54</td>
</tr>
<tr>
<td>40-49</td>
<td>59</td>
<td>109</td>
</tr>
<tr>
<td>50-59</td>
<td>60</td>
<td>90</td>
</tr>
<tr>
<td>60-69</td>
<td>49</td>
<td>41</td>
</tr>
<tr>
<td>70-79</td>
<td>15</td>
<td>41</td>
</tr>
<tr>
<td>80+</td>
<td>2</td>
<td>2</td>
</tr>
</tbody>
</table>

A higher percentage of COVID-19 patients with pre-existing conditions have been hospitalized than those without pre-existing conditions.
Learn more about COVID-19 in Vermont:

Web: www.healthvermont.gov/COVID-19
Email: AHS.VDHPublicCommunication@vermont.gov