

KEEP YOUR DISTANCE! PROTECT YOURSELF AND YOUR NEIGHBORS FROM COVID-19

WHAT IS COVID-19 (the coronavirus)?

- A dangerous new virus spreading in VT and NH. Right now, there is no good treatment for the virus. **It is very contagious and people can easily get sick.**
- Those infected often have a fever, trouble breathing, and a dry cough. **Some will not have any symptoms but can still infect others.**

WHY STAY 6 FEET AWAY FROM OTHERS?

- ✓ We must **keep distance** when interacting with anyone (not in our household) to avoid spreading this virus.
- ✓ We need to do this to **help hospitals**. Too many sick people at once makes it hard to care for everyone.

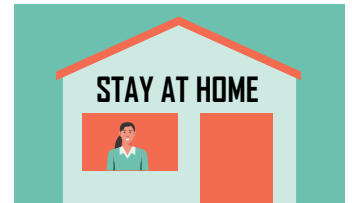


FOR EVERYONE, INCLUDING YOUNG OR HEALTHY PEOPLE

- **Stay home and avoid public places** as much as you can. For example, cancel appointments such as going to the hair salon and getting coffee with friends. These appointments can wait. Call your friends instead.
- **Get all of your groceries for two weeks in one trip.** Better yet, friends and family can do shopping and prescription pick-up for you while getting their own, and leave items at your door.
- **The virus can live on some surfaces for up to 3 days so be careful even when touching items arriving at your house that others have touched.** When you get mail or items dropped off, wipe it down and then wash your hands. Do not wear outdoor shoes inside the house.

ALTHOUGH IT IS BEST TO STAY AWAY FROM STORES AND OTHER BUSY PLACES, IF YOU LEAVE YOUR HOUSE FOR A WALK OR ESSENTIAL GROCERY TRIP

- **Please stay at least 6 feet away from others, sick or healthy.**
- **At longer distances, the virus won't land on you:** coughing or talking spreads droplets in the air that can contain the virus.
- **Avoid touching common surfaces.** For example, wipe down cart handles or other publicly handled items with sanitizer or wipes.
- **Avoid touching your face.** This is a common way the virus is transmitted.
- **Use hand sanitizer while out and wash your hands at home** after unpacking purchased items.



IF YOU ARE FEELING SICK

- **Stay at home** except to get medical care.
- **Stay away from other people.**
- **Call your doctor or nurse** if you feel worse or have new symptoms.
- **Try not to go to the hospital unless it is an emergency,** or without calling first.

CALL 2-1-1

If you have more questions
about coronavirus/COVID-19.