

# COVID-19 COMMUNITY GUIDE



*This COVID-19 Community Guide includes the following:*

**HOW TO PREPARE & PROTECT YOURSELF**  
**WHAT STEPS TO TAKE IF YOU GET SICK**  
**HOW TO HELP OTHERS**

*All information is compiled directly from:*

**CDC**  
[cdc.gov/covid-19](https://cdc.gov/covid-19)

**STATE OF VERMONT**  
[vermont.gov](https://vermont.gov)

**VERMONT  
DEPARTMENT OF HEALTH**  
[healthvermont.gov/covid-19](https://healthvermont.gov/covid-19)

**VERMONT EMERGENCY  
MANAGEMENT**  
[vem.vermont.gov/covid19](https://vem.vermont.gov/covid19)

**GOVERNOR'S OFFICE**  
[governor.vermont.gov](https://governor.vermont.gov)

# HOW TO PREPARE & PROTECT YOURSELF



**Wash your hands!**



The Governor's order directs Vermonters to stay at home, leaving only for essential reasons critical to health and safety (such as picking up medicine or food). If leaving the home, Vermonters should adhere to social distancing policies, including remaining six feet from others (except for those with whom they share a home) and thoroughly and regularly washing hands for at least 20 seconds with soap and water.



**Do you have an upcoming standard medical appointment?**

Consider rescheduling. Going to a hospital or doctor's office when you are well can overwhelm the medical system and increase your chances of exposure.

## What is social distancing?

Social distancing means remaining out of congregate settings, avoiding mass gatherings, and maintaining distance (approximately 6 feet) from others when possible.



Social distancing will help reduce exposure for you and others in your community.

## What can I do while social distancing?

### Things to Do

- Go for a walk / exercise outdoors
- Hike on a trail away from others
- Gardening or yard work
- Video chat with friends and family
- Call anyone who can't video chat
- Check in on people
- Get takeout from a local restaurant
- Explore museums and parks online

### Things to Avoid

- Gatherings of any kind, including with friends or family
- Playdates / inviting people over
- Going to neighborhood hangouts
- Going to the grocery store at peak hours
- Entering a busy pharmacy
- Going to crowded places
- Playground amenities

## Clean and disinfect your home.

You can keep your family safe and do your part to help stop the spread of disease by cleaning and then disinfecting things that people touch often.



**CLEAN** these high-touch surfaces often with soap and water:

**Tables · Doorknobs · Light switches  
Countertops · Handles · Desks · Phones  
Keyboards · Toilets · Faucets · Sinks**

**DISINFECT** surfaces after cleaning, using an EPA-registered household disinfectant.

### Essential Businesses: What's Open?

**OPEN:** Grocery stores, restaurants (for take-out and delivery only), pharmacies, and critical manufacturing.

All open businesses must have strategies, procedures and practices to maintain social distancing.

For a complete list of what can remain open, read the Governor's order: [governor.vermont.gov](http://governor.vermont.gov)

### Essential Businesses: What's Closed?

**CLOSED:** All non-essential in-person businesses: close contact businesses (spas, salons, etc.), theaters, bars, restaurants (dine-in), concerts, sporting events, festivals, etc.

As of March 25, all non-essential businesses and non-profit entities must suspend in-person operations and move to remote work.

## Did you know?



Many area grocery stores have implemented policies that allow only those 60+ or with compromised immune systems to shop during the first hour of operation. Many are also offering phone or online ordering with curbside pickup or delivery.

The Vermont Retail & Grocers Association has a regularly updated list of what retailers and grocers throughout the state are doing to combat the pandemic: [bit.ly/vrga-store-responses](http://bit.ly/vrga-store-responses)



Many local restaurants are still in operation for takeout and delivery.



# IF YOU ARE SICK

## STAY HOME (except to get medical care).

Most people with COVID-19 have mild illness and are able to recover at home without medical care. If you are sick, **DO NOT LEAVE YOUR HOME OR VISIT PUBLIC AREAS**, except to get medical care.

If you have symptoms, drink plenty of fluids, get plenty of rest and sleep, and use fever-reducing medication if you have a fever.

## Stay in touch with your doctor.

**Call ahead before you get medical care.** Be sure to get care if you have trouble breathing or have any emergency warning signs, or if you think it is an emergency.

## Call 911 if you have an emergency.



If you have a medical emergency and need to call 911, notify the operator that you have or think you might have COVID-19. If possible, put on a face mask before medical help arrives.

### How to wear a face mask:

[cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html)

## Call 211 if you have a question.



Call 211 if you have questions about COVID-19 or need federal, state or community resources like access to health care, food, child care, income support and much more.

## What can I expect when I call 911 for help?



You will be asked a number of questions about your symptoms and condition.



Medical personnel will likely arrive in full protective gear including gloves, face mask, goggles and protective clothing. Don't be alarmed! This is for everyone's protection.



If you have flu-like symptoms and no life-threatening conditions exist, you are encouraged to call your primary care physician instead of 911. *If there is any doubt, call 911.*

### WHAT ARE THE SYMPTOMS?

Typically: Fever, cough, shortness of breath.

### DON'T HAVE A PRIMARY DOCTOR?

Call 211 for help.

### EMERGENCY WARNING SIGNS INCLUDE:

Trouble breathing, persistent pain or pressure in the chest, new confusion or inability to arouse, changes in color on your lips, gums, face, around the eyes, or nails.

## For urgent mental health support:

Call **802-488-7777** to speak with the trained, professional staff at the Howard Center's First Call for Chittenden County, who are available 24/7/365 to help callers facing challenges around mental health, suicide, addiction, and more.

# HOW TO HELP OTHERS

*There are many ways to safely volunteer or help in your community!*



Volunteer with Meals on Wheels through Age Well:  
<https://www.agewellvt.org/services/meals-on-wheels-community-meals>



For other volunteer opportunities, visit: [vermont.gov/volunteer](https://www.vermont.gov/volunteer)

## Contact Municipal Staff

As of March 25, the Municipal Offices are closed to the public until further notice -- but our key services are still in operation, and we are still available to help! Please contact us:

**Essex Website:** [www.essexvt.org](http://www.essexvt.org)

**Essex Junction Website:** [www.essexjunction.org](http://www.essexjunction.org)

**Or CALL US at (802) 878-1341 so we can assist you.** For emergency services, please call 911.