How can I protect myself?

According to the Vermont Department of Health: There is currently no vaccine to prevent COVID-19 infection. Person-to-person spread of the virus is thought to occur mainly via respiratory droplets produced when an infected person coughs or sneezes. Much is still unknown about how the virus spreads. Take these everyday preventive actions to help stop the spread of germs:

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home as much as possible and especially when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

If you traveled to affected locations or were on a cruise within the past two weeks or have been in close contact with a person with COVID-19, and develop a fever, cough or have difficulty breathing, contact your health care provider right away.