



Keeping Woodstock Safe During the COVID-19 Pandemic

Mar 19, 2020

Concerned about COVID-19 (aka coronavirus)? Unsure of who to call if you have questions? Don't worry, Woodstock's Emergency Operations Committee has a plan for keeping you and your family both safe and informed.

Below are the answers to your most pressing questions:

What should I do if a member of my family or I don't feel well?

The [CDC has laid out clear and easy follow guidelines](#) for people to follow when they're not feeling well. First and foremost, call your doctor if you believe you or a family member may have been exposed to COVID-19, or are experiencing any of the telltale symptoms: fever, cough, difficulty breathing or shortness of breath.

It's important to call your doctor first to get specific instructions. Simply showing up at their office or at an urgent care facility prevents them from taking steps to protect themselves and the other patients.

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 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 (see Guidance for Travelers on this page) 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.

When should I self-isolate?

You should begin to self-isolate **the moment you suspect** that you or a person with whom you've had close contact, such as a family member, have been exposed to COVID-19 or begin to feel the symptoms described above.

You should self-isolate if you are **returning from travel in** Europe, the United Kingdom, Ireland, China, Iran and South Korea or from a cruise. **Stay home** and monitor your health for 14 days. Call the Health Department at **802-863-7240** for monitoring information. (For the most update information please go to <https://www.cdc.gov/coronavirus/2019-ncov>)

Self-isolation is absolutely necessary to stop the spread of the disease and to allow Woodstock and the country to return back to normal life. Don't wait until you've seen a doctor, or for your test results to come in -- start self-isolating immediately. If it turns out that you or a family member are infected you may spread it to other people unwittingly.

Will self-isolation help me get better faster?

Self isolation won't quicken the healing process. We self-isolate to secure the health and safety of our friends, neighbors and larger Woodstock community. It's one of our best defenses for keeping the community safe.

What if I don't have food or necessary supplies to self-isolate?

Woodstock Emergency Management is here to help support you and your family if you need to self-isolate.

To request assistance, call **802-457-7516**. This line is answered 24.7.

What assistance is available to me if I need to self-isolate?

Woodstock Emergency Management will arrange for you to receive:

- Food and water supplies
- Necessary medications
- Financial assistance, if required

How will Woodstock Emergency Management get groceries and medications delivered to me?

When you call **802-457-7516** we will discuss your needs and will assign your request to a volunteer (see below if you wish to volunteer). A volunteer will purchase your items at Macs, or the pharmacy that fills your prescriptions, and deliver them to your front door.

Additionally, the Woodstock Farmers Market is now accepting web-based orders for curbside pickup. Visit <https://woodstockfarmersmarket.com/> to place an order. Orders placed between 9:00 AM - 5:00 PM will be available for next-day pickup. A volunteer will pick them up for you.

How do I sign up to volunteer?

Woodstock Emergency Management is seeking your help should the need arise. The Town now has a group email for volunteers. Should you wish to offer your services please email Volunteer@townofwoodstock.org and include the following information:

- Your name
- Your phone number
- The neighborhood you live in
- Offer of service (driving, donations for food, shopping or special service you may be able to offer.)

Last updated: March 19, 2020

As the needs arise you may be contacted individually or via an email blast with a request.

What can I do to help my neighbors?

Woodstock is a caring community, and many of you are eager to help your neighbors. It's a good idea to call them every day, especially if they are elderly and live alone. A friendly voice will go a long way in relieving their isolation. Moreover, your daily check ins will help Woodstock Emergency Services ensure they are safe and sound. If you notice a change in their behavior, or they don't answer their phone or return your calls, call the police department 802 457 1420.

Additionally, if you plan to go to the grocery or pharmacy and you can offer to pick up any supplies they may need. To maintain social-distancing (keeping a distance of at least 6 feet), you can leave the items you pick up for them at their front door.

What can I do to help our local businesses?

First, consider all that our local businesses are doing to help *you* and the community around us. Rather than shutting down, local retailers are offering curbside pickup. See below for ordering and pickup services offered by each establishment. We can't thank them enough for their efforts.

Other, critically important things you can do to help our local merchants:

- Maintain social distancing while in their stores. Many have said that they may ask customers to wait outside if there are already customers in their stores. Please follow their instructions.
- Follow the CDC's instructions while in their stores: wash your hands before leaving home, and if possible, use a hand sanitizer prior to entering. Many may have sanitizer available and if they do, please use it. Don't touch your face, and be sure to sneeze or cough into your elbow, and not your hand (this is very important for store owners, as you'll use your hand to access their payment equipment and merchandise).
- As always, think of your local retailer first whenever you need to stock up on supplies or purchase a book to read.

[Click here](#) to find a list of services offered by Woodstock Food Stores, Restaurants and other Organizations

Additional Resources

- <https://townofwoodstock.org/covid-19/>
- [Centers for Disease Control and Prevention site on COVID-19](#)
- [Vermont Department of Health](#)
- [University of Vermont Health Network](#)
- Call 211 with any questions you have