What is the latest advice from the Vermont Department of Health?

Vermont is now experiencing community spread of COVID-19, which is why everyone is encouraged to keep a safe distance from others – and to stay home – to help slow the spread of the virus and protect our vulnerable populations.

The Department of Health wants Vermonters to know:

- If you are experiencing COVID-19 symptoms (fever, cough, shortness of breath) CALL your healthcare provider. Many people who are mildly ill can manage their symptoms at home with rest, drinking fluids, and taking fever reducing medicine, when needed.
- The Food and Drug Administration has not approved any drugs specifically for the treatment of patients with COVID-19.
- Not everybody needs to be tested. Do not call the Health Department. Do not go to the hospital, except in a life-threatening situation.
- Testing is currently limited and is prioritized to healthcare workers, hospitalized patients, and those in long term care facilities.
- Drive-up testing is available at DHMC if you are experiencing COVID-19 symptoms. You need an appointment and a referral from your primary care provider.
- If you need to go food shopping, to the pharmacy or do other essential activities, keep a distance of 6 feet between yourself and others. Six feet is about the length of a 3-person couch or a bed. (Note: Woodstock Pharmacy requests you call to place an order or fulfill a prescription ahead of time. The store is closed but curbside pickup is available.)
- It’s OK to get fresh air, exercise outside and walk your dog - as long as you keep 6 feet away from other people.
- Connect with family, friends and your community in responsible ways such as using technology, going outside, learning a new skill, playing games or helping others in need. We encourage social distancing, not social isolation!