When should I self-quarantine?

You should begin to self-quarantine 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-quarantine if you are returning from travel in an area with widespread, ongoing community spread 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-quarantine 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-quarantine immediately. If it turns out that you or a family member are infected you may spread it to other people unwittingly.