



# STAY UP TO DATE ON COVID-19

A lot is happening with COVID-19 and information changes often. [HealthVermont.gov/COVID19](https://www.healthvermont.gov/COVID19) is the state's most up-to-date source of information and resources. You'll find:

- Instructions on what to do if you or a loved one is sick
- An up-to-date list of COVID-19 symptoms
- Data dashboard, alerts, and translated materials
- Answers to common questions on wearing masks, testing, physical distancing, and other ways to stay safe
- A list of all resources available to Vermonters



## IMPORTANT RESOURCES

**Groceries and household supplies**

Vermont Foodbank  
[www.vtfoodbank.org](http://www.vtfoodbank.org)  
1-800-585-2265

**Parent and child resources and support**

Help Me Grow  
Connects families to local resources  
Call 2-1-1 Option 6

**Food, breastfeeding support and nutrition resources**

WIC Program  
[www.healthvermont.gov/WIC](http://www.healthvermont.gov/WIC)  
1-800-649-4357  
Text "VTWIC" to 855-11

**Domestic or sexual violence help**

Domestic Violence Hotline:  
1-800-228-7395  
Sexual Violence Hotline:  
1-800-489-7273

**Mental health services and support**

Call 2-1-1 to find help in your area  
For immediate support, text "VT" to 741741

Visit [HealthVermont.gov](https://www.healthvermont.gov) for a full list of resources or **call 2-1-1**



## STEPS TO STOP THE SPREAD OF COVID-19

Take these steps every day:

- Wash your hands frequently
- Avoid touching your eyes, nose, and mouth
- Stay home when you are sick
- Cover your coughs and sneezes with the inside of your elbow or a tissue. Throw the tissue in the trash and wash your hands
- Clean and disinfect frequently touched objects and surfaces, including towels and children's toys
- Wear a mask or face covering in public when it is hard to keep a physical distance of six feet



## WHEN TO SEEK EMERGENCY MEDICAL ATTENTION

If someone is showing any of these signs, seek emergency medical care immediately by calling 9-1-1. Notify the operator that you are seeking care for someone who has or may have COVID-19.

- **Trouble breathing**
- **Persistent pain or pressure in the chest**
- **New confusion**
- **Inability to wake or stay awake**
- **Changes in color on lips, face or nails**

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are concerning to you.

[HealthVermont.gov/COVID19](https://HealthVermont.gov/COVID19)

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