

The 2019 novel coronavirus (COVID-19) is a new virus identified as the cause of a respiratory illness outbreak in people. Symptoms can range from mild to severe. The Centers for Disease Control and Prevention is closely monitoring this outbreak to learn as much as possible about this new virus and prevent person-to-person spread in the United States. Guidance may change as new information becomes available.

Here are some important things the Health Department can tell you right now:

- Information we have about this virus suggests a low health risk for the general public, but we consider any new infectious disease a serious concern and we are taking precautions.
- We are working closely with anyone who is at risk for COVID-19 to determine appropriate monitoring, care and precautions.
- For travelers, if you plan to return from Vermont or have returned to Vermont from an affected area in the past 14 days, call the Health Department at 802-863-7240. Find the list of affected areas at healthvermont.gov/COVID-19. The Health Department will be in regular contact with you for 14 days since the day you left the affected area to monitor you for symptoms of shortness of breath, cough or fever.
- Take the same precautions you would to prevent the spread of a cold or the flu by taking these steps:
 - Cover your coughs and sneezes with a tissue or into your sleeve, not your hands.
 - Avoid touching your eyes, nose and mouth.
 - Wash your hands often for at least 20 seconds, especially after coughing or sneezing. Use an alcohol-based hand sanitizer, if soap and water aren't available.
 - Stay home if you're sick, especially with a fever.
 - Avoid people who are sick.
 - Routinely clean and disinfect frequently touched surfaces and objects.

For up to date information and resources, visit our website at www.healthvermont.gov/COVID-19 or call 2-1-1.