

## NOVEL CORONAVIRUS (COVID-19)

### WHAT YOU NEED TO KNOW NOW

Vermonters are being asked to stay home as much as possible to keep everyone safe during this pandemic. Please leave for essentials only, such as food, and keep a safe distance of 6 feet between yourself and others. This will help slow the spread of the virus and protect people who are more vulnerable. Though we can all feel isolated at this time, we can, and should, take this time to connect with each other through technology, read books, play games and find hobbies we enjoy. We're all in this together.

If you have symptoms of COVID-19 and mild illness, you can stay home and treat your symptoms. Not everyone needs to be tested. Testing is not treatment and we have limited ability to test.

Newly added to the list of travelers who should stay home and monitor their health for 14 days are people returning from [Chile, Pakistan, Thailand and Turkey](#). See the [full list of countries](#). Call the Health Department at 802-863-7240 for monitoring information. If you have symptoms of fever, cough or difficulty breathing call your

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### IN THIS SECTION

#### [Hepatitis A and B](#)

Vermont is experiencing a statewide increase of hepatitis A, and Health Commissioner Mark Levine, MD declared an outbreak in mid-January 2020. The Health Department has been offering free hepatitis A vaccine clinics in places that serve high-risk individuals, such as shelters, syringe services programs, and meal sites.

[More](#)

#### [Lung Injury Associated with E-cigarette Use](#)

The Centers for Disease Control and Prevention (CDC), the Food and Drug Administration (FDA), and state and local health departments, including the Vermont Department of Health, are investigating a multistate outbreak of severe lung injury associated with e-cigarette use.

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### ^ TOP OF THE PAGE

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