

## 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 six feet between yourself and others. This is helping slow the spread of the virus and protecting people who are more vulnerable. Though we can all feel isolated at this time, we can, and should, connect with each other through technology, spend time reading books, playing games and finding 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, and testing is only done through the referral of a health care professional. Testing is not treatment. Use the [NEW CDC Self Checker Tool](#) to help you make decisions about seeking medical care.



**VT Helplink**

Alcohol & drug support center

802.565.LINK · [VTHelplink.org](http://VTHelplink.org)

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### IN THIS SECTION

#### [COVID-19 Resources for Health Care Professionals](#)

This page contains information concerning COVID-19 specifically for the health care community.

[More](#)

#### [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

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