

CORONAVIRUS (COVID-19)

WHAT YOU NEED TO KNOW NOW

Stay Home, Stay Safe - Please leave home only for essentials, and keep a safe distance of six feet between yourself and others. Your efforts are making a difference in slowing the spread of the virus.

If You Are Sick - Stay home and contact your health care provider online or by phone. Do not go to the hospital, except in a life-threatening situation. Use the [CDC Self Checker Tool](#) to review your symptoms.

Wear a Cloth Mask - If you need to leave your home for an essential purpose or will be near other people, wear a cloth mask over your mouth and nose. Since COVID-19 may be transmitted by someone who does not have symptoms, a mask helps you protect others. You must still practice social distancing, wash your hands, and avoid touching your face.



[CONTINUE READING](#)

IN THIS SECTION

Current Activity in Vermont

Daily updates on cases of COVID-19, testing, monitoring, hospitalization and deaths. View information by county and see breakdowns by age and gender.

[READ MORE](#)

Frequently Asked Questions

Use the "Ask a Question" feature to find answers to your questions about COVID-19, and see responses to what other Vermonters are asking.

[READ MORE](#)

Coping with Stress

Living with uncertainty during the outbreak of COVID-19 is stressful for everyone. See tips to help get through this unsettling time.

[READ MORE](#)

Health Care Professionals

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

[READ MORE](#)

Communities, Families and Individuals

Protect yourself and your community from getting and spreading respiratory illnesses like COVID-19. Everyone has a role to play in getting ready and staying healthy.

[READ MORE](#)



First Responders

First responders play a vital role in protecting Vermonter's health and well-being. Here are resources to support first responders in their work.

[READ MORE](#)



Long-term Care and Group Living Settings

The Health Department works closely with the Department of Disabilities, Aging and Independent Living and long-term care facilities to help them prepare for cases of COVID-19.

[READ MORE](#)



Businesses and Employees

All businesses and non-profits that are not providing essential services have been directed to suspend in-person operations and ensure all employees work remotely whenever possible.

[READ MORE](#)



Schools and Child Care Programs

All Vermont schools are closed through the end of the 2019-2020 school year and have put plans in place for remote learning.

[READ MORE](#)



Resources

Looking for guidance about isolation or quarantine? Need poster reminders about hand-washing? Find many COVID-19 resources here.

[READ MORE](#)



[^ TOP OF THE PAGE](#)

© 2020 Vermont Department of Health

802-863-7200 • 800-464-4343

[Public Records Request](#)

[Statewide Public Records Request](#)

[CONTACT US](#)