COVID-19 and You: NVRH's Quick Guide to Prevention and When to Seek Care

1. Take steps to prevent COVID:
   1. Get vaccinated, including recommended booster shots
   2. Wear a mask
   3. Wash hands often
   4. Socially distance of at least 6ft
   5. Monitor your health daily
   6. Get tested, as needed

2. I've tested positive and have mild illness. Now what?
   1. Stay home and recover for at least 5 days and until symptoms resolve (including no fever for 24 hours)
   2. Separate yourself from others in your home
   3. Wear a mask over your nose and mouth when around other people during the 10 days from diagnosis/symptom onset
   4. Wash hands often
   5. Get rest and stay hydrated
   6. Take over-the-counter medicines for symptoms, as needed
   7. Clean high-touch surfaces daily
   8. Inform close contacts

3. I've tested positive and have severe illness. Now what?
   1. Stay in touch with your medical provider and call before visiting
   2. Seek emergency attention if you have*:
      a. Trouble breathing
      b. Persistent pain or pressure in the chest
      c. New confusion
      d. Inability to wake or stay awake
      e. Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone
   *This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Vermont Department of Health COVID Resources:
VT COVID Hotline: 833-722-0860 ~ VT COVID Website: www.healthvermont.gov/covid-19
Schedule Vaccine and Testing Appointments at bit.ly/COVIDSchedulingVT