



Choosing Health


Northeastern Vermont Regional Hospital

1315 Hospital Drive | St. Johnsbury, VT 05819 | 802-748-8141 | www.nvrh.org




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.

NVRH Medical Services

- Primary Care:**
- St. Johnsbury Pediatrics**
802-748-5131
- Kingdom Internal Medicine**
802-748-7500
- Corner Medical**
802-748-9501
- Walk-in Care:**
- Northern Express Care St. Johnsbury**
1 Eastern Ave.
M-F 9am-7:30pm
Sat. 9am-3:00pm
- Northern Express Care Lyndonville**
195 Industrial Pkwy.
M-F 9am-7:30pm
Sat. 9am-2:00pm

Emergency Care:

NVRH Emergency Department
24 hours a day
802-748-8141

Reference: CDC
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>