

# HEALTH ALERT

Keep yourself and others safe during this pandemic. COVID -19 has a 2-14 day incubation, spreads person to person and can live 2-3 days on surfaces.  
If you have travelled outside of, or into, Vermont in the last 4 weeks, quarantine for 2 weeks.

**STAY HOME.** The Governor has ordered "Stay Home, Stay Safe" until April 15<sup>th</sup>, 2020

**Only leave home for essential needs and please:**

- Keep a distance of at least 6 feet when with other people
- Wash your hands frequently, cough into your elbow, wipe down surfaces you touch with disinfectant, including door handles and cell phone

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- If you are experiencing symptoms of COVID-19:  
Fever, Cough, Shortness of Breath, or flu-like symptoms:
  - **FIRST** Call your Primary Care Provider
  - If you have no Primary Care Provider Call: MRV Health Center: (802) 496-3838
  - **DO NOT GO TO THE HOSPITAL** unless you are seriously ill or have difficulty breathing.

Please look for MRV Emergency Response communication through:  
MRV Emergency Response Page on Facebook, MRVTV, the Valley Reporter, Valleyreporter.com, MRV Emergency Response FPF messages

If you are in need of help or services, please call the numbers below:

- Updated info on Covid 19 in Vermont: [healthvermont.gov](http://healthvermont.gov)
- MRV Food Shelf: (802) 496-8853 [madrivervalleyfoodshelf.wordpress.com/](http://madrivervalleyfoodshelf.wordpress.com/)
- MRV Community Fund: (802) 496-3638 [mrvcommunityfund.org/](http://mrvcommunityfund.org/)
- Mental Health Services: Hannah's House (802) 496-9715  
<http://www.hannahshousevt.org/>
- General Info Assistance and Information: 211

*This PSA is produced by the MRV Emergency Response Team. These volunteer coordinators are in continual contact with, and report to, the select boards and towns of Fayston, Moretown, Waitsfield and Warren. Updated PSA's will come out as needed.*