

COVID-19 VIRUS – SIMPLIFIED

- ❖ **Limit travel outside of home.**
- ❖ **Social Distance - 6 feet.**
- ❖ **Wash hands often.**
- ❖ **If you have general questions about anything related to the COVID-19 crisis call **211** (not 911).**
- ❖ **If you have a significant life-threatening medical issue or trauma call **911**.**
- ❖ **If you develop flu like symptoms go to “[coronavirus.gov](https://www.coronavirus.gov)” to determine likelihood of contracting the COVID-19 Virus by going to the “self-checker”.**
- ❖ **Call Littleton Regional Hospital if you have symptoms at their hot line 603-575-6400 before going to hospital or dialing 911.**
- ❖ **Quarantine 14 days if exposed to someone with symptoms.**
- ❖ **Isolate if have symptoms until 72 hours after no symptoms without medication.**
- ❖ **Help others if you are capable.**
- ❖ **Stay strong we will get through this.**
- ❖ **If you need any assistance other than medical, call Zak Mei: 823-7264, Bob Thibault: 823-7210, Toni Woodruff: 823-7707, (Select Board) or Ned Cutler: 823-5050 (Emergency Management Director).**