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” 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).