## STAY AT HOME
- If you just arrived in Vermont from another state, you **must** self-quarantine for 14 days
- Cancel non-essential appointments and errands
- Call friends and family instead of visiting

## PERSONAL & HOUSEHOLD HYGIENE
- Wash your hands for 20 seconds frequently - soap and water work well
- Cover coughs and sneezes with your inner elbow
- Don’t touch your face with unwashed hands
- Disinfect household surfaces frequently
- Disinfect items you bring home

## AVOID PUBLIC PLACES
- Have one family member or friend run errands for multiple households
- Buy enough essentials to last 2+ weeks
- Use curbside and take-out options

## KEEP YOUR DISTANCE
- If you must go to public places
  - Stay at least 6 feet away from others
  - Avoid touching other people and pets
  - Avoid touching surfaces like counters

## WEAR A CLOTH MASK OUTSIDE THE HOME
- Wear a cloth mask around others to keep you from spreading germs
- Wash mask between wearings
- Wash your hands before/after handling mask
- A mask does not protect the wearer: keep your distance with masks on

### AVOIDING PUBLIC SPACES DOESN’T MEAN ALWAYS STAYING INSIDE!
It’s important to take care of yourself. Getting fresh air and sunshine, and exercise is still good for you. Wear a mask and stay 6 feet apart if you’re outside with others.

### CALL 2-1-1
Brett Mayfield
Hartford Town Health Officer
802-299-0183