



STAY HOME  **SAVE LIVES**

<p>DO</p> <ul style="list-style-type: none"> • Stay at home • Only leave for essentials • Maintain social distancing • Check in on people • Exercise outdoors <p>OPEN</p> <ul style="list-style-type: none"> • Essential businesses only • Grocery stores and restaurants (for takeout and delivery) • Pharmacies • Critical manufacturing 	<p>DON'T</p> <ul style="list-style-type: none"> • Gather with friends or family • Leave home unless essential • Invite people over • Host play dates for kids <p>CLOSED</p> <ul style="list-style-type: none"> • Non-essential in-person businesses • Close contact businesses (spas, salons, barbers, etc.) • Concerts, sporting events, festivals, etc.
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VERMONT STRONG

STAY AT HOME

Who? Everyone!

For how long? Until otherwise advised.

What can I still do?

- Shop for groceries and other essential needs.
- Go for a walk or bike ride, keeping 6 feet from others.
- Go to the pharmacy, your doctor, your pet's veterinarian.
- If a smoker, you may smoke in designated areas, staying at least 6 feet from others. There is no better time to quit than now!

COMPLY WITH SOCIAL DISTANCING

Who? Everyone!

For how long? Until otherwise advised.

What can I still do?

- Keep 6 feet away from others.
- Go to public places in early morning or other non-busy times.
- Use drive-through services at banks and pharmacies.
- Connect with others by phone or online services.
- Wipe down shared surfaces such as doorknobs, elevator buttons, mail areas, and laundry machines before and after use. Use soap and water and/or sanitizer if possible.





QUARANTINE

Who? People who have been in contact with a person infected with coronavirus or who has visited a high-risk area

For how long? 14 days minimum

What can I do?

- Do not leave your home except for emergencies.
- Ask others to deliver food and medication and leave them outside your door.
- Interact by phone or online (see next page for info on common online tools).
- Isolate yourself from family members or housemates.

SELF-ISOLATE

Who? People who are sick with confirmed or presumed Covid-19

For how long? At least 7 days after you develop symptoms

What can I do?

- Monitor your symptoms and call your doctor with updates.
- Do not leave your home except for emergencies. If you must leave your home, wear a mask, bandana or other cloth face covering.
- Ask others to deliver food and medication and leave them outside the door.
- Interact by phone or computer.
- Isolate yourself from family members/housemates.
- Wipe down common areas using soap and water and/or sanitizer.

