



COVID-19 UPDATE HARTFORD



April 1, 2020

All Hartford residents are urged to remain in their homes unless absolutely necessary:

- People infected with COVID-19 who may not show symptoms for up to two weeks, during which time they are nonetheless infectious.
- Stay home and avoid situations of potential exposure, and only go out for essential needs, such as to get food, care for a relative or friend, get necessary health care, or go to an **ESSENTIAL** job.
- Put distance between yourself and others and especially people over age 60 and people with underlying medical conditions.
- If you are outside, use social distancing and remain a minimum distance of 6' from one another.
- Practice good hygiene: continue to wash hands, use hand sanitizer, cover coughs and sneezes with a tissue or your inner elbow, and stay home. Clean and disinfect your home frequently each day on touched surfaces.



High-risk individuals include:

- older adults
- anyone with underlying health conditions, such as heart or lung disease or diabetes
- anyone with weakened immune systems
- pregnant women



Residents are asked to stay at home and should limit interactions with persons who are at higher risk for COVID-19. If you live with someone at high risk, practice social distancing. We all have a personal responsibility to take care of and protect ourselves and others.

If you are sick:

- Stay home. Do not travel.
- Call your healthcare provider or 211 if you have a cough, shortness of breath, fever or sore throat.
- If you can, you should wear a facemask when you are around other people.



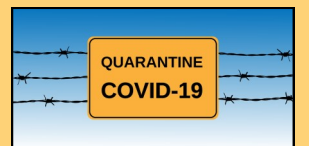
The Town of Hartford's priority is protecting the health and safety of our residents and continuing to serve you. Social distancing in public parks and trails.

- Our public park locations will officially open April 1st. Many park access areas and trails remain open to the public. High risk areas such as playgrounds, benches, picnic tables, enclosed ball fields, and enclosed playing courts will **remain closed until further notice**.
- Do not use parks, trails, or open playing courts if you are exhibiting symptoms.
- Follow CDC's guidance on personal hygiene prior to visiting parks or trails.
- Be prepared for limited access to public restrooms or water fountains.
- Share the trail and warn other trail users of your presence and as you pass.
- Observe CDC's minimum recommended social distancing of 6' from other persons at all times



Quarantine Restrictions on Travelers Arriving in Vermont:

- Visitors are instructed not to travel to Vermont if they are displaying symptoms or if they are travelling from cities and regions identified as COVID-19 "hot spots," including, among others, the states of Florida and Louisiana and the cities of Detroit, Chicago and New York City.
- In addition, residents of New York, New Jersey and Connecticut should stay in their home states in strict compliance with CDC travel guidance issued Saturday, March 28, 2020. This is essential if you will be in close contact with people who are older adults or have a severe chronic health condition.
- **This is an enforceable quarantine and may result in law enforcement actions.**



The following services are available for residents:

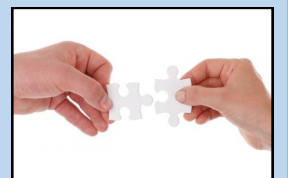
FOOD SERVICE:

- **For school age children:** the Hartford School District will have breakfast and lunch available for pickup at the schools Friday. Starting Monday breakfast and lunches will be delivered on the usual bus routes, along with pickup available at the schools.
- **For Seniors:** The Bugbee Senior Center will continue Meals on Wheels service. **Please call (802) 295-9068.**
- **The Upper Valley Haven's food shelf is operating. 802-295-6500.**
- **Listen Center White River Junction** has takeout meals. **(802) 295-6500.**



MENTAL HEALTH SERVICES:

- Vermont Health Care & Rehabilitation Services (HCRS) is open and receiving calls. (802)295-3031. Also, the HCRS Crisis Team may be reached at (800)622-4235.



OTHER OUTREACH SERVICES:

- Upper Valley Strong, Regie Cooper, 802-359-3918, www.uvstrong.org
- Brett Mayfield, Town of Hartford Health Officer, 802-299-0183, health@hartford-vt.org

To volunteer in Hartford, contact the Listen Center (802)295-6500.

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