



COVID-19 UPDATE HARTFORD



May 20, 2020 (Updated Information in Red)

As we move out in to the public for work, socialization, and recreation, be safe and protect others.

- Don't forget to use frequent personal and household hygiene.
- Make wearing cloth face masks or coverings a habit whenever you leave your home.
- Keep your distance of 6 feet or more when with 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.



High-risk individuals should still stay home and go out only when necessary.

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



Testing has been Expanded

- Call your provider if you have any of these symptoms: cough, fever, shortness of breath, chills, muscle pain, headache, sore throat, loss of taste or smell.
- Health care professionals to refer patients with even mild symptoms for testing. Ask your provider to consider referring you for COVID-19 testing.
- Health care workers, first responders, and child care providers can get tested at any time, **but registration is required.**
- **For people with respiratory symptoms who do not have a PCP, contact Mt. Ascutney Hospital at 802-674-7300 x 5 to schedule an appointment to be assessed and scheduled for testing.**



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

- Our public park locations are open for leisurely use. No organized leagues or games are allowed. No more than 10 may congregate in one area of a park.
- Many park access areas and trails remain open to the public. High risk areas such as playgrounds, benches, picnic tables will **remain closed until further notice.**
- **It is recommended that users wear a mask in our parks while following the public gathering restrictions.**
- Do not use parks, trails, or open playing courts if you are feeling sick or exhibiting any of the COVID-19 symptoms. **No more than 10 in a group.**
- 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:

- **People returning to Vermont must quarantine for 14 days.**
- **These people may, on day 7 of quarantine, get Covid-19 testing and may end quarantine early if the test is negative.**
- 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:

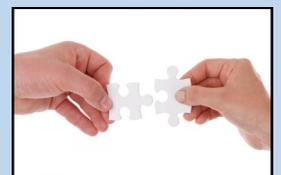
FOOD SERVICE:

- **For school age children:** the Hartford School District will have breakfast and lunch available for pickup at the schools Friday. 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.

Be Connected

Hartford Listserve: hartford@lists.vitalcommunities.org / Vermont Emergency Management: <https://vem.vermont.gov/vtalert>

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