

As I am sure you are aware, the nation and the world are closely monitoring the developing outbreak of the coronavirus (COVID -19). We want to share some general guidance to help you stay healthy, especially if you have returned from traveling or are planning to travel in the near future. The CDC has a wealth of information at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

<p>Stay Home if Sick!</p>	<p>If you feel sick, please stay home, especially if you have symptoms of an acute respiratory illness and/or have a fever of 100.4°F or more.</p> <p>If sick, you are encouraged to stay home for at least 24 hours without the use of fever-reducing or other symptom-altering medicine (e.g. cough suppressants).</p> <p>Please notify your supervisor if you need to be out of work.</p>
<p>Acute Respiratory Symptoms</p>	<p>Symptoms of an acute respiratory infection/illness can include:</p> <ul style="list-style-type: none"> • congestion, either in the nasal sinuses or lungs • runny nose • cough • sore throat • body aches • fatigue <p>Call your doctor if you experience:</p> <ul style="list-style-type: none"> • a fever over 103°F and chills • difficulty breathing • dizziness • loss of consciousness
<p>It's Still Flu Season!!</p> <p>Self-Care Tips</p>	<p>In addition to the new coronavirus, please remember that it is still flu season.</p> <p>The risk of illness from respiratory viruses, including the flu and COVID-19, make it even more important to take proactive steps to prevent the spread of respiratory illness.</p> <ul style="list-style-type: none"> • Cover your coughs and sneezes with a tissue or into your sleeve, not your hands. • Avoid touching your eyes, nose and mouth. • Wash your hands with soap and water often and for at least 20 seconds each time, especially after coughing or sneezing. Use an alcohol-based hand sanitizer, if soap and water aren't available. • Stay home if you're sick, especially with a fever. • Avoid people who are sick. • If possible, keep a distance of 6 feet from others in larger, public spaces.

Summary information about the coronavirus in VT, NH, NY, MA and ME

Vermont Current Status of Coronavirus (as of 3/4/20)	Vermont – Current Status of Coronavirus			
	People being monitored		116	
	People who have completed monitoring		20	
	People tested negative for COVID-19		3	
	Cases of COVID-19		0	
Link to VT Dept. of Health: https://www.healthvermont.gov/response/infectious-disease/2019-novel-coronavirus				
New Hampshire Current Status of Coronavirus (as of 3/4/20)	New Hampshire – Current Status of Coronavirus			
	Number of Confirmed Case(s)		0	
	Number of Persons Being Tested (current, test pending)		7	
	Number of Persons Being Tested (current, presumptive positive)		2	
	Number of Persons Being Tested (closed, tested negative)		10	
Link to NH Dept. of Health: https://www.dhhs.nh.gov/dphs/cdcs/2019-ncov.htm				
New York Current Status of Coronavirus (as of 3/4/20)	New York Test Results	New York State (Outside of NYC)	New York City (NYC)	Total Persons Under Investigation
	Positive Cases	10	1	98
	Negative Results	33	16	
	Pending Test Results	33	5	
	Link to NY Dept. of Health: https://www.health.ny.gov/diseases/communicable/coronavirus/			

Massachusetts Current Status of Coronavirus (as of 3/4/20)	Massachusetts – Current Status of Coronavirus	
	Total Confirmed Cases of COVID-19	1
	Total presumptive positive cases of COVID-19	1
	Total of individuals subject to quarantine	719
	Total of individuals who have completed monitoring (no longer in quarantine)	470
	Total of individuals currently undergoing monitoring/under quarantine	249
Link to MA Dept. of Health: https://www.mass.gov/resource/information-on-the-outbreak-of-coronavirus-disease-2019-covid-19		
Maine Current Status of Coronavirus (as of 3/4/20)	Maine has no confirmed cases of COVID-19. Link to ME Dept. of Health: https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus.shtml	