

If you have a cough, fever, significant new fatigue or shortness of breath, **please do not come to the Thomas Chittenden Health Center without reading this first!**

At-risk categories:

- a healthcare worker caring for patients with COVID-19
- a close contact of a person with COVID-19
- travelers from affected countries with widespread sustained transmission (currently Europe, China, Iran and South Korea as of 3/14/2020, [see current list here](#))
- age greater than or equal to 65
- have lung disease, heart disease, diabetes, kidney disease or are otherwise immunocompromised

If you have symptoms of cough, fever, significant new fatigue or shortness of breath *and* you fall into any of the above at-risk categories:

- If you feel that you absolutely need to be seen, please go to the Emergency Room.
- If you feel that you do not need to be seen at the Emergency Room, please call us at 878-8131 and speak to a nurse or provider.

If you have symptoms of cough, fever, significant new fatigue or shortness of breath and you do not fall into any of the above at-risk categories:

- If you feel that you can manage at home, please remain at home and call us as needed.
- If you feel that you need to be seen, please call us at 878-8131 and speak to a nurse or provider.

If you have the above symptoms, please do not come to the office to be seen for any reason until you have spoken to a nurse or provider!

If you have been told that you should self-quarantine because of travel or a potential exposure, you should not be seen in our office *for any reason*, **even if you do not have any symptoms.**

Please be aware that you cannot go to the Emergency Room or the Fanny Allen Walk In and get testing on your own. A healthcare provider has to first confirm that you need testing and arrange for you to get testing.

We are continually monitoring current recommendations from the [Vermont Department of Health](#) and the [CDC](#). We sincerely appreciate your patience as we all navigate this difficult time.