



Rochester Town Office

67 School St. • PO Box 238
Rochester, VT 05767
802.767.3631 tel
802.767.6028 fax

Rochester public advisory regarding the CoronaVirus

With widespread news coverage of the spread of the Coronavirus (Covid19) the Rochester Select Board has decided to make certain suggestions to inform residents regarding prudent actions to minimize community spread of the virus in our town. We have been in touch with Gifford Medical Center and the White River Valley Ambulance service as well as the State of Vermont and have established a local task force to coordinate efforts in town, particularly as it relates to our older residents (those most at risk). Please regularly check Front Porch Forum, the Town Website, and the Rochester Stockbridge Unified District Community Facebook page for further updates.

We should remember that Rochester is a tourist destination. Interstate travel on route 100 together with the number of Air B&B's, local shops, and restaurants means that we have a number of people of unknown origins in our town regularly.

The most vulnerable residents to the coronavirus are the elderly or those with pre-existing health conditions such as heart disease or a compromised respiratory system, so special care should be taken if you are one of these.

We suggest that any non-essential public events be cancelled, avoided or postponed for 30 days. Anyone developing cold or flu symptoms should self-quarantine at home for two weeks in order to avoid the possibility of spreading the virus into the community. It would also be prudent to make sure you have on hand two weeks of food staples and prescription medications in case of self-quarantine due to illness. A volunteer network is being organized to help deliver groceries or medications to people self-quarantining at home. If you are interested in volunteering for this effort, please contact the town clerk.

Symptoms

Please be conscious of any flu-like symptoms, including:

1. Sore throat
2. Cough
3. Fever
4. Difficulty breathing, lung congestion. Please note, lung congestion is the most serious symptom.

These are the recommendations from the Federal Government's CDC (Center for Disease Control):

There is currently no vaccine to prevent coronavirus disease 2019 (COVID19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always

recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
 - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID19.
 - Facemasks should be used by people who show symptoms of COVID19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Should it be determined that you need testing, the US Government has released this assurance that Medicare will cover the cost of testing:

Your Medicare Part B (Medical Insurance) covers a test to see if you have Coronavirus. This test is covered when your doctor or a health care provider orders it, if you get the test on or after February 4, 2020. You usually pay nothing for Medicare-covered clinical diagnostic laboratory tests.

Important phone numbers:

Town Office 802 767 3631

Gifford Medical Center main number 802 728 7000

Rochester/Gifford Clinic 802 767 3704

White River Ambulance 911

Important Websites:

giffordhealthcare.org/coronavirus-covid-19,