WHITE RIVER VALLEY
AMBULANCE, INC

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White River Valley Ambulance is closely monitoring information and guidance from the Centers for Disease Control (CDC) and the Vermont Department of Health regarding the Coronavirus Disease (COVID-19).

Now that cases of COVID-19 have been identified in our state and in New Hampshire, it is important that the WRVA Community to be mindful of the signs and symptoms of COVID-19 and to understand what steps to take (and not to take) if you are feeling ill.

What to look for:
- Fever above 100.4 F
- New or worsening cough
- Feeling feverish or chills
- Typical "cold" symptoms such as runny nose, sore throat, or headache
- Shortness of Breath
- Muscle aches
- Less Commonly: nausea, vomiting, diarrhea, abdominal pain

   PLUS, one of the following:
- Recent travel from China, Iran, Italy or South Korea
- Close contract (less than 6 ft) with a confirmed or suspected case of COVID-19

What to do:
If you are ill, especially with fever and cough, make a phone call to your primary care provider (PCP) or local health center.
The medical staff will work with you over the phone to determine if you need to be seen at a clinic or hospital, or if its best for you to simply stay home.
Remember: The symptoms above are similar to that of the common cold/flu. So, having a discussion with your healthcare provider is the best step to determine if you are at risk for COVID-19

What **NOT** to do:
If you are feeling ill, especially with cough and fever, please do **NOT** go to the clinic or hospital without calling first. As always, call 911 if you have a medical emergency and please inform the 911 operator if you have any of the above symptoms.
For any cases that the ambulance does get called to, we will consult with the hospital to determine if they would like us to transport you or instruct you to remain at home.

For more info on COVID-19, please see the following website:
https://www.healthvermont.gov/response/infectious-disease/2019-novel-coronavirus